*Bristol Breastfeeding Support Service*



*Virtual group timetable*

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| Day | Time | Group |
| Monday | 10.30am – 12.00pm | Bristol Breastfeeding Support Service Monday group |
| Tuesday | 1.30-3.00pm | Bristol Breastfeeding Support Tuesday & Wednesday groups |
| Wednesday | 11.30am – 1.00pm | Bristol Breastfeeding Support Tuesday & Wednesday groups |
| Thursday | 10am | Honeysuckle Cafe |
| Thursday  | 1-2.30pm | Lawrence Weston breastfeeding cafe |
| Friday | 10-11.30am | Bristol Breastfeeding Support Friday group |

We welcome expectant and breastmilk feeding families in our groups where we can offer information and support on topics including, starting breastfeeding, expressing, overcoming challenges, introducing solids, returning to work and breastfeeding, mixed feeding, and stopping breastfeeding.

**Monday, Tuesday, Wednesday and Friday group support is offered via facebook**. **The two groups offering support on Thursday, will do so via zoom**. Please join their facebook groups for details, or contact: BristolBreastfeeding@bristol.gov.uk

Further details can be found on the ‘*Bristol Breastfeeding Mummies’* facebook group, as well as the ‘*Bristol Breastfeeding Support Service’* and ‘*Bristol Breastfeeding’* pages.

 