

BREASTFEEDING SUPPORT GROUPS

■ ■ ■ *Eastern Urban and Rural Zones*

Mondays

- Torbay Common, 11:00 a.m. - 12:30 p.m.
- Harbour Grace Splash Centre, 11:00 a.m. - 12:00 p.m.
- Clarendville Community Health Office, 1:30 p.m. - 3:00 p.m.
- Marystown Community Health Office, 1:30 p.m. - 3:00 p.m.

Tuesdays

- St. Thomas Line Community Centre, 1:00 p.m. - 2:30 p.m.
- CBS Public Library, 2:00 p.m. - 3:00 p.m.

Wednesdays

- Kenmount Terrace Community Centre, 10:30 a.m. - 12:00 p.m.
- Goulds Family Resource Centre, 2:00 p.m. - 3:30 p.m.
- Bay Bulls Community Health Office, 1:00 p.m. - 2:00 p.m.
- Heart's Delight Town Hall, 1:30 p.m. - 2:30 p.m.
- Placentia Public Library, 2:00 p.m. - 3:00 p.m.

Thursdays

- Village Mall, 1:00 p.m. - 2:30 p.m.
Lower level. Near the escalators.
- Lethbridge Community Health Office, 1:30 p.m. - 2:30 p.m.
- Bay Roberts Community Health Office, 2:00 p.m. - 3:00 p.m.
- Whitbourne Community Health Office, 2:00 p.m. - 3:00 p.m.

Fridays

- Paul Reynolds Centre, 10:30 a.m. - 12:00 p.m.
- Reid Centre, 10:30 a.m. - 12:00 p.m.
- Holyrood Public Library, 1:00 p.m. - 2:00 p.m.

Revised September 2023



**NL Health
Services**