

# BREASTFEEDING SUPPORT GROUPS



*Eastern Rural Zone*

## **Mondays**

- 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**

- Placentia Public Library, 11:30 a.m. - 12:30 p.m.
- Bonavista, Dr. Hilda Tremblett Wellness Centre, 1:00 p.m. - 2:30 p.m.
- Carbonear Public Library, 2:00 p.m. - 3:00 p.m.
- CBS Public Library, 2:00 p.m. - 3:30 p.m.

## **Wednesdays**

- Heart's Delight Town Hall, 1:30 p.m. - 2:30 p.m.

## **Thursdays**

- 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**

- Holyrood Public Library, 1:00 p.m. - 2:00 p.m.



Revised November 2025



**NL Health  
Services**