



Annapolis Valley Breastfeeding Groups

FREE
TRANSPORTATION
AVAILABLE

**Come along if you're pregnant or breastfeeding.
Share experiences, chat and learn from someone like you.**

**Information on the
various groups in the
Annapolis Valley
can be found at:**

www.facebook.com/AnnapolisValleyBreastfeedingSupportGroups

**Transportation
to meetings:**

Please call 1-800-399-7119
for more information.

**All other inquiries
please contact:**

cafeaulaitbfgroup@gmail.com



Berwick La Leche League:

Berwick - 3rd Friday of the month at the Berwick Library, 10-12pm

Café au Lait: Mom to Mom Breastfeeding Group:

Kentville - 2nd and 4th Wednesday at the Kentville Rec Centre (Upper Floor),
354 Main Street, 10-1 pm

Wolfville - 1st and 3rd Wednesday of the month at Wolfville Library (Upper Floor),
21 Elm Street, 10-12pm

Annapolis Royal - 4th Friday of the month at Champlain Elementary School, 10-11:30am

Lawrencetown - 2nd Thursday of the month at Family Matters, 10-11:30am

Thrive!
A plan for a healthier Nova Scotia

Supported by
Community Health Boards of the Annapolis Valley

