

Are you pregnant or breastfeeding?



Everyone is welcome at La Leche League—pregnant women and mums, their babies and toddlers, whanau, and support people.

Discussions throughout Christchurch in 2011

Central - 7pm on the 1st Tuesday evening of the month at Shirley Plunket, 166 North Parade, Shirley. Contact Isobel 942 2937.

West - 10am on the 2nd Monday of the month at Riccarton Plunket, 26a Piko Crescent, Riccarton. Contact Sarah 348 2231.

Rangiora - 10am on the 2nd Tuesday of the month at Rangiora Plunket Rooms, Albert St, Rangiora. Contact Janine 327 4535.

Prebbleton - 10am on the 2nd Friday of the month at the Prebbleton Plunket Rooms, 3 William Street, Prebbleton. Contact Rhonda 325 7474.

South - 10am on the 1st Monday of the month at the Sydenham Room, South Learning Centre, 66 Colombo Street, Beckenham. Contact Justine 328 9401.

North - 10am on the 3rd Friday of the month at Shirley Plunket, 166 North Parade, Shirley. Contact Nicola 354 8413.

Please note: Some Groups meet during school holidays, others don't. Check www.lalecheleague.org.nz for specific dates and topics, or phone the contact person listed above.



Meet other breastfeeding mothers to talk about everything from starting breastfeeding to weaning and more. Call it a class... call it a coffee morning... it's a little bit of both!

Midwives recommend that you start attending La Leche League while you are pregnant, as research shows that it helps to learn from watching and talking to other breastfeeding women.

www.lalecheleague.org.nz
Canterbury Breastfeeding Help Line 338 8447