

## *Virtual Breastfeeding Cafe*

Come and join us every

**Thursday morning 10-11.30**

Don't let breastfeeding challenges discourage you during COVID-19. We are here to support you along your breastfeeding journey.

If your interested in joining us for support and an informal chat please email [alant@nhs.net](mailto:alant@nhs.net), a return email invite with instructions of how to join will be sent back to you.

This Virtual Breastfeeding Cafe is for women who want to meet virtually and share experience of breastfeeding in this difficult time. The café is for peer support and will be tailored to your needs.

Further support will be offered on a 1:1 basis if you have a particular challenge or question you feel unable to share with the rest of the café.



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