

Regular breastfeeding events across Southland and Otago

Southland

Invercargill – The Village

1st & 3rd Friday of the Month, 10.30am at Invercargill Library

Gore Baby Feeding Support

2nd & 4th Friday of the Month, 11am-12pm, Gore Kids Hub Community Room

Te Anau Plunket Parent Support

Drop-in at the Te Anau Plunket Parent Support Coffee Group, 10:30am every Wednesday morning (during term times).

Message, phone, text, and/or home visits and breast pumps for hire. Ph. 021 055 3535.

Antenatal coffee group, every 2-3 months, hosted by Breastfeeding Peer Supporters and local midwife, email: fiordlandfamilies@gmail.com for next meet-up date.

Central Otago

Alexandra, 10-11.30am, 1st and 3rd Wednesday of month, Alexandra Baptist Church, 6 Gregg St. Facebook: Mums 4 Mums Alexandra

Cromwell, 10.30-12pm, 2nd and 4th Wednesday of the month, CO Reap rooms, Molyneux Ave. Facebook: Mums 4 Mums Cromwell

Queenstown Lakes

Wanaka Well, 10-12pm, 2nd and 4th Tuesday of month, Plunket Rooms, 51 Ardmore St, Wanaka ph. 0800 560 650. Facebook: Wanaka Well

Whakatipu, 10.30-12pm, 1st and 3rd Tuesday of month, Frankton Library, ph. 0800 560 650. Facebook: Mums 4 Mums Wakatipu

Rest of Otago

Dunedin

Drop-in: The Breast Room® 10.30am-12.30, Thursday, Te Whānau Arohanui, 137 Victoria Road, St Clair, 0274761339, email: getsupport@thebreastroom.org

Peer Support for Pasifika women: Tina-i-Tinā (Mother-to-Mother)

Ph. Charlotte 021 562 956, Finau 027 255 9908, Temukisa 022 455 4895

Oamaru

The Milk Room, Tues 9-10am, Plunket Rooms, Severn St,
0276363663.

Clutha

Drop-in: Milk Mamas, 10-12pm, every second Wednesday, Te Pou O Mata-Au, 4 Clyde
St.