



## East Renfrewshire Breastfeeding Groups



# Breastfeeding: The Healthiest Choice

If you choose to breastfeed your baby, some or all of the time, we have two drop-in groups in East Renfrewshire to support you.

**Wednesdays 1:30pm – 3:00pm**

**Eastwood Breastfeeding Group**

Cart Mill Family Centre  
Newford Grove  
Clarkston  
G76 8QZ

**Thursdays 1:30pm – 3:30pm**

**Barrhead babycafé**

Sir Harry Burns Centre  
Arthurlie Family Centre  
Auburn Drive  
Barrhead  
G78 2EU

Come along and chat to other mums, build your confidence and, if needed, get one-to-one support from trained staff, many of whom are mums who have breastfed their own babies.

For further information about these groups please contact: **HITeam@eastrenfrewshire.gov.uk**  
or tel: 0141 451 0757

For breastfeeding advice you could also contact your own health visitor.

