

# Ma's Bar



These are drop-in centres offering mothers and their supporters interested in breastfeeding, help, advice, support and information in an informal and friendly environment. Mums can bring along their lunch and we will provide refreshments.

## Ma's Bar North

When and Where?

You can find us at the Llay Resource Centre,  
Market Square, First Avenue, Llay, LL12 0SA

Tel: 01978 859020

Mondays (except Bank Holidays)

from 12.00 – 1.30 pm



## Ma's Bar South

When and Where?

At Chirk Clinic, Station Avenue, Chirk, LL14 5LS

Tel: 01691 773581

Every Tuesday from 1.30 – 3.00 pm

Ask your Health Visitor or Midwife for more details.



The National Childbirth Trust - 0300 3300771 - [www.nct.org.uk](http://www.nct.org.uk)

The Association of Breastfeeding Mothers - 08444 122949 - [www.abm.me.uk](http://www.abm.me.uk)

La Leche League - 0845 1202918 - [www.laleche.org.uk](http://www.laleche.org.uk)

National Breastfeeding Helpline - 0300 1000212 - [www.breastfeeding.nhs.uk](http://www.breastfeeding.nhs.uk)

Welsh Assembly Government - [www.wales.gov.uk/breastfeeding](http://www.wales.gov.uk/breastfeeding)

e-mail: [breastfeeding@wales.gsi.gov.uk](mailto:breastfeeding@wales.gsi.gov.uk)

[www.nhs.uk/start4life](http://www.nhs.uk/start4life)