

Breastfeeding Support Groups in Co. Galway

Family Members & pregnant women are encouraged to attend



If there isn't a support group listed here in your area, contact your local PHN for further information.

Venue	Meeting Time	Contact	Telephone
Athenry Old Barracks	1 st & 3 rd Saturday of every month 10.00am – 12.00 noon	Cuidiú Athenry Breastfeeding Group Michelle.tooher@gmail.com	Jill 087 9047039 Tracey 087 9915790 Michelle 086 6061517 Samantha 087 4171333
Ballinasloe Brackernagh Health centre, Ballinasloe	1 st & 3 rd Wednesday of every month 10.30am-12.30pm	Mary Mahon Lactation Consultant	090 9642447 or 090 9648200 - Mat. Dept. Bleep 825
Ballinasloe Ballinasloe Library	2 nd & 4 th Wednesday of every month 9.45am-11.45am	Cuidiú	Jackie 087 9805217 Cherisse 087 7590208
Clifden Station House Hotel	2 nd and 4 th Tuesday of every month 11.00am-12.30pm	Cuidiú	Roberta Carter 095 33955 or 087 9326491
Doughiska Cumasu Community Centre (across the road from Lidl)	Every Wednesday 2.15pm – 3.15pm (No meeting on the 4 th Wed of month)	Public Health Nurse	091 336300
Galway City – breastfeeding 'out and about'	4 th Thursday of every month 10.30am – 12.30pm	Cuidiú www.facebook.com/groups/1538998769679910/	Contact Tara 086 2328229 for coffee shop venue Breastfeedingmornings@ gmail.com
Galway City Centre The House Hotel	1 st and 3 rd Thursday of every month 10.00am – 12.00noon	Galway Friends of Breastfeeding Mother to Mother Group www.facebook.com/groups/457674464438829/	Eva 085 2004993 Muireann 083 1821193
Gort Gort Resource Centre	1 st Thursday of every month 10.30am -1.00pm. Home visits by arrangement	Midwife Sally.millar@nuigalway.ie	091 630902 or Sally 087 7533719 Janice 086 3476891
GUH St Angelas Ward (Antenatal Education/Classes Room, near St. Angela's Ward, ground floor, Maternity Unit. Follow the red hand imprint on wall to locate room)	Every Tuesday between 12-2pm (Drop in clinic)	Midwife IBCLC	091 893470
Kinvara Health Centre Kinvara Support group facilitated by Ardrahan and Kinvara	2nd and 4th Tuesday of every month 11.00 – 12.00 noon	Christina (Ardrahan) Joanne Pearson Kitt Claire Hynes (Kinvara)	091 635207 091 637560
Loughrea Family Resource Centre Piggot's Street, Loughrea	2 nd Monday of every month 10.30am – 12.30pm	Cuidiú	Tracey Lohan 087 9915790 Samantha Daniels 087 4171333

Loughrea Primary Care St. Brendan's Campus, Lake Road, Loughrea	1 st and 3 rd Wednesday of every month 11.30am - 1.00pm.	Public Health Nurse	Contact Niamh on 091 872792
NUI Galway Breastfeeding Support Group NUI Galway (AS203 River Room: Turn left at the Bank of Ireland branch on the concourse. Cross the glass walkway. AS203 is straight ahead at the end of the short corridor).	3 rd Wednesday of every month 12.00noon – 2.00pm Not running during the summer months	Anne.fallon@nuigalway. ie Open to all women not just our staff and students. A mother-to-mother support group, facilitated by peer breastfeeding supporters.	Anne 091 495601 Rachel 091 492932 (Please contact for room details)
Oranmore Brazco, above Lidl	2 nd Friday of every month 10.00am – 12.00noon	Cuidiú Mother to Mother Breastfeeding Group Facebook: Cuidiú Oranmore Breastfeeding Group Breastfeeding.oranmore@ gmail.com	Claire 085 1622119
Tuam Primary Care Centre Breastfeeding Support Group	1 st and 3 rd Thursday of every month 10.30am – 12.00 midday	Contact Public Health Nursing	093 37800
Westside Library Seamus Quirke Road Galway	2 nd Thursday of every month 10am-12.00noon	Cuidiú www.facebook.com/groups /1538998769679910/	Tara 086 2328229 Anne 087 7800621 breastfeedingmornings@ gmail.com
Westside Resource Centre Seamus Quirke Road Galway	4 th Monday of every month 10am-12.00noon	La Lêche League www.facebook.com/ LaLecheLeagueGalway/	Olwen 087 6982493 Cindy 091 555866 Eileen 091 793964 Cindy.dring@hotmail.com

Please note: It is advisable to telephone relevant contact person to confirm details before attending

Useful breastfeeding websites include:

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| <ul style="list-style-type: none"> • www.breastfeeding.ie • www.lalecheleagueireland.com • www.cuidiu-ict.ie • www.friendsofbreastfeeding.ie | <ul style="list-style-type: none"> • www.alcireland.ie • www.breastfedbabies.org • www.breastfeedinginc.ca/content.php?pagename=videos |
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Breastfeeding Support Groups in Co. Mayo

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Venue	Meeting Time	Contact Person	Telephone
Ballina Primary Care Centre	Every Monday 11.00am – 12.30pm	Eithne Garrick Lactation Consultant	086 8202119 096 80441
Castlebar Le Chéile FRC, Tucker Street Mayo Friends of Breastfeeding Mum2Mum Group	Every Thursday 10.30am – 12.30pm	Nancy Needham Facebook: Breastfeeding Mammies in Mayo	086 3795007 094 9025126
Hollymount Hollymount Health Centre	Every Tuesday 11.30am – 1.00 p.m.	Olive Carey	094 9540144 094 9371196
Westport The Quay Community Centre Westport	Every Wednesday 12.00 – 1.00 pm	Child Health Public Health Nurse	098 25782

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Breastfeeding Support Groups in Co. Roscommon

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Venue	Meeting Time	Contact Person	Telephone
Athlone Athlone Springs Hotel	It is the 1 st or 2 nd Tuesday of every month 10.30am - 12.30 pm	Ring Maria for the day Facebook: Cuidiú Athlone Facebook page	085 1249231
Athlone Clonbrusk Primary Care Centre	1 st and 3 rd Thursday of every month 11.00-12.30pm	Public Health Nurse	086 1728016
Boyle Boyle Family Resource Centre	Last Friday of every month 10.30am – 12.00noon	Amy O'Connor	086 1642530
Monksland Contact Aisling for Venue	Last Monday of every month 8.00pm-10.00pm	Aisling Dixon Lactation Consultant www.luainlactation.ie	087 7641447
Roscommon Hannon's Hotel Roscommon	3 rd Saturday of every month at 10.30am	Julie Facebook: Roscommon Friends of Breastfeeding Mum2Mum Group	087 7554385
Roscommon Roscommon Primary Care Centre Golf Links Road	Every Monday afternoon by appointment	Fiona Quinn PHN Lactation Consultant	086 8100667
Roscommon The Quad Youth Centre Roscommon Town	2 nd and 4 th Thursday of every month 11.30am - 1.00pm	Fiona Quinn, PHN Lactation Consultant	086 8100667

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