



Kingston Breastfeeding Drop-In & All Things Baby

VIRTUAL GROUPS

Offered through
Queen's Family Health Team

Please visit our Facebook page:
[Kingston Breastfeeding Drop-in & All Things Baby](#),
for login information and updates,
or contact Liz at:
hughstone@queensu.ca.

Open to the Community

- **Breastfeeding Drop-in** Every Tuesday: 10-11 a.m.
- **Introduction to Solids** Last Monday of every month: 2-3 p.m.
- **Prenatal Breastfeeding & Bringing Baby Home**
Third Wednesday of every month: 6:30-8:30 p.m.
- **Baby Blues & Beyond** Returning soon!