

Free Maternity and Antenatal Workshops



Fresh Futures, Locala, Gentle Beginnings and Awakened Minds will be giving support and advice on breastfeeding, weaning, good mental health before and after pregnancy and strategies to help when things are not okay.

This is a FREE event with refreshments for parents and children.

For more information, contact the team at 01484 519988 or thrivingkirklees@freshfutures.org.uk

BATLEY LIBRARY

- Tuesday 6th Feb at 13.30
- Tuesday 27th Feb at 13.30

DEWSBURY LIBRARY

- Wednesday 28th Feb at 11.15
- Wednesday 6th March at 11.15

BIRSTALL LIBRARY

- Friday 23rd Feb at 11.00
- Wednesday 13th March at 14.00

HECKMONDWIKE LIBRARY

- Tuesday 5th March at 11.15
- Tuesday 19th March at 11.15

MIRFIELD LIBRARY

- Wednesday 7th Feb at 11.15
- Wednesday 21st Feb at 11.15

CLECKHEATON LIBRARY

- Thursday 14th March at 13.00
- Thursday 21st March at 13.00

We are:
**Kirklees
Libraries.**

**FRESH
FUTURES**
Improving lives, inspiring change

Locala
Health & Wellbeing