



# Living Well North Tyneside

Supporting Health and Wellbeing

**venue:** North Shields Customer First Centre

 **Time:** 10:00am - 12:00pm

 **Cost:** No Cost

 **Type:** Face to Face

Free weekly term-time sessions for new parents at North Shields Library (first floor) – Mondays, 10am to 12pm.

Are you a new parent? We would love to see you at one of our weekly drop-in sessions, where you can discuss parenting challenges in a supportive and friendly environment with our trained volunteers.

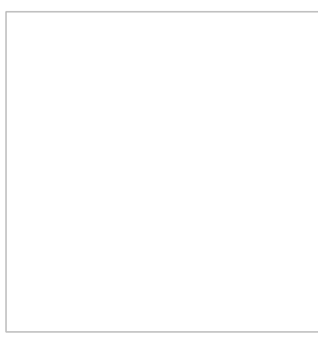
Please follow our [Facebook page Best Start North Tyneside](#) for updates and holiday sessions.

For more information, please contact [beststart@voda.org.uk](mailto:beststart@voda.org.uk)

While the main focus will be on breastfeeding, our trained volunteers also offer support on safe sleep, coping with crying, mental health, infant feeding, signposting and understanding your baby's needs. Refreshments provided.




[Young parents](#) | [parents support group](#) | [peer support](#) | [babies](#) | [baby feeding](#) | [breastfeeding](#) | [baby group](#)



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