Breastfeeding	Supports	Kilkenny
St. Luke's General Hospital Kilkenny	Lactation Consultant 9.00hrs-16.00hrs Monday to Friday	087 3408074
Muma Post Natal Hub	9.00hrs-16.00hrs Monday-Sunday	087 2486847

Online Breastfeeding Supports
Online Resource; My Child.ie/HSE Breastfeeding
ALCI (Breastfeeding) Website; private lactation consultant directory in your area

Voluntary Breastfeeding Support groups

Who?	How to Contact?	Mobile Contacts
La Leche League Kilkenny	Facebook La Leche League Kilkenny Or La Leche League Kilkenny Instagram	Kay; 087 274 7876 Linda; 087 647 4132 Monica; 086 855 5159
Who?	**How to Contact?**	**Contact?**
Cuidiu Kilkenny	Cuidiu Facebook kilkenny Or Cuidiu Instagram Kilkenny	Triona; 085 169 6084 Claire; 086 8597999 Colette; 087 903 0013 Melanie ; 087 127 3047 Kate; 087 9619871

Breastfeeding Supports Carlow

St. Luke's Hospital Kilkenny	Lactation Consultant Mary and Marie	087 3408074
Muma Post Natal Hub	9.00hrs-16.00hrs Monday-Sunday	087 2486847

Online Breastfeeding Supports

Online Resource; My Child.ie/HSE Breastfeeding
ALCI (Breastfeeding) Website; private lactation consultant directory in your area

Mother to Mother Support Groups Carlow

Who	How to contact?	Contact?
La Leche League Carlow	By Phone	Monica; 086 836 6569 059 9163828

Cuidiu Carlow See Face book Page