



Helensville Birthing Centre  
**Coffee Morning**



Caring Support & Information  
Lactation Consultant  
Yummy Morning Tea

Guest speaker second meeting of month  
(dates in bold)

For more info contact Esther 0211687386

[www.facebook.com/groups/helensvillebirthingcentrecoffeegroup](http://www.facebook.com/groups/helensvillebirthingcentrecoffeegroup)

Every 2nd Wednesday  
10:30 am – 12:30 pm

at



**Te Whare  
Oranga o Parakai**

11 Parakai Ave, Parakai

(previously Parakai Tavern, next to  
Parakai Springs Hot pools)

**2017**

Feb 8, <b>22</b>	Mar 8, <b>22</b>	April 5, <b>19</b>
May 3, <b>17, 31</b>	June <b>14, 28</b>	July <b>12, 26</b>
Aug 9, <b>23</b>	Sept 6, <b>20</b>	Oct 4, <b>18</b>
Nov 1, <b>15, 29</b>	Dec 13	