

# Baby Bistro Groups

Join our Baby Bistro groups – a welcoming space for parents and babies to connect, learn, and grow together. Get feeding support, guidance, and meet other parents in a relaxed, supportive environment



## AVIEMORE

Every Tuesday - 1pm - 2.30pm  
Aviemore Community Hospital  
Cairnview Road, Aviemore PH22 1AJ

## INVERGORDON

Every Wednesday - 10am - 11.30am  
Invergordon Hospital  
Saltburn Rd, Invergordon IV18 0JR

## DINGWALL

Every Wednesday - 1pm - 2.30pm  
Dingwall community Centre  
Tulloch St, Dingwall IV15 9JZ

## INVERNESS

Every Thursday - 10am - 11.30am  
Wimberley Estate Childcare Centre  
Somme Rd, Inverness IV2 3YB

## NAIRN

Every Thursday - 1pm - 2.30pm  
Junior World ELC  
Millbank Cres, Nairn IV12 4QB

## INVERNESS

Every Friday - 10am - 11.30am  
Kinmylies SAC Centre  
Primary School, Assynt Rd, IV3 8PB

For further information contact:

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Care and  
Learning  
Alliance