

What is ABA?

The Australian Breastfeeding Association (ABA) provides breastfeeding information and support. Our volunteer Breastfeeding Counsellors and Breastfeeding Educators are trained to provide mother to mother support.

Who can go along?

All are welcome at our meet-ups - they are a great way to meet other mothers and discuss parenting and breastfeeding issues. A trained breastfeeding counsellor will be there for individual support, as required. You do not need to join ABA to come along—*our group activities are free and open to all.*

What is a breastfeeding counsellor?

Breastfeeding Counsellors are trained volunteers who offer breastfeeding information and mother-to-mother support on the phone and face to face at ABA events. They hold a Certificate IV in Breastfeeding Education (Counselling). They have all breastfed at least one baby. You are welcome to phone Sarah, Laura, Charlotte or Wynnta at any time. Have you considered training with ABA? It's very rewarding, and family friendly.

Where and when?

On the first Friday of the month we meet online, from 12noon to 1:30pm, for a facilitated discussion on a breastfeeding or parenting topic. **Our Zoom meeting ID is 513 214 6735** or you can find the link on our Facebook page.

On the second Wednesday of each month we meet at **Bruce's Café, East Wynyard** at 10am. We'll be sitting out the back near the play area.

On the fourth Friday of each month, **our mothers' group meets at 376 Mt Hicks Road, Wynyard** from 10am. All welcome and there's no need to RSVP.

If the weather's looking good, we sometimes meet on other Fridays for a **pram walk, starting at 10am in the car park at Gutteridge Gardens**. Check our Facebook page and/or contact Jess on 0408 799 508 to be added to our message reminder list.

All ABA group events are **free** and open to all parents.

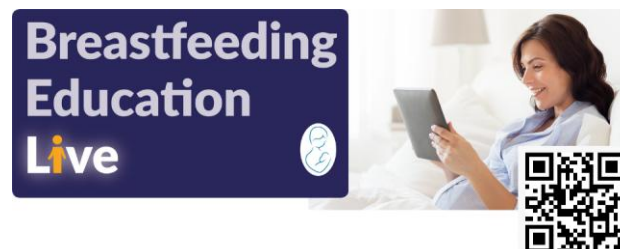
ABA Membership

Join ABA and receive:

- FREE Antenatal **Breastfeeding Education Live** ('BEL') webinar with member refund offer. ↓↓
- *Breastfeeding...naturally* book valued at \$34.95
- 50% off breast pump hire
- *Essence* emagazine and regular eNews
- Ongoing confidential local breastfeeding support

To join, visit our website www.breastfeeding.asn.au

To enrol for a 'BEL' webinar, use the QR code:



Once enrolled, send proof of payment and bank details to schuuring30@hotmail.com (Group Leader) to claim your refund.

24-hour National Breastfeeding Helpline
1800 686 268

LiveChat Service
8pm-10pm weeknights
Monday & Friday 12pm-2pm
www.breastfeeding.asn.au

Group Contacts:

Breastfeeding Counsellors
Sarah (Group Leader) 0409 583 343
Charlotte 0407 864 767
Laura 0412 202 649
Wynnta 0458 270 959

Breast Pump Hire
Charlotte 0407 864 767

Pram Walks
Jess 0408 799 508



**Australian
Breastfeeding
Association**



Burnie Wynyard Group

Event Calendar

July to December 2022

Breastfeeding Helpline
1800 mum 2 mum

1800 686 268

www.breastfeeding.asn.au

The National Breastfeeding Helpline is supported by funding from the Australian Government.

Burnie Wynyard Group

July to December 2022

Date	Time	Topic	Venue
Friday 1st July	12 noon to 1:30pm	Returning to work and breastfeeding	Online via Zoom Meeting ID 513 214 6735
Wednesday 13th July	10am	Cuppa & Catch-up	Bruce's Café, East Wynyard
Friday 22nd July	10am to 11:30am	Mothers' Group	376 Mt Hicks Road, Wynyard
Friday 5th August	12 noon to 1:30pm	Early days and maintaining breastfeeding	Online via Zoom Meeting ID 513 214 6735
Wednesday 10th August	10am	Cuppa & Catch-up	Bruce's Café, East Wynyard
Friday 26th August	10am to 11:30am	Mothers' Group	376 Mt Hicks Road, Wynyard
Friday 2nd September	12 noon to 1:30pm	Supporting your postnatal body: exercise, pelvic floor and common musculoskeletal complaints <i>*Guest Speaker* (May include information which is not line with ABA position statements and policies.)</i>	Online via Zoom Meeting ID 513 214 6735
Wednesday 14th September	10am	Cuppa & Catch-up	Bruce's Café, East Wynyard
Friday 23rd September	10am to 11:30am	Mothers' Group	376 Mt Hicks Road, Wynyard
Friday 7th October	12 noon to 1:30pm	Weaning - when, why and how?	Online via Zoom Meeting ID 513 214 6735
Wednesday 12th October	10am	Cuppa & Catch-up	Bruce's Café, East Wynyard
Friday 28th October	10am to 11:30am	Mothers' Group	376 Mt Hicks Road, Wynyard
Friday 4th November	12 noon to 1:30pm	Sleep and settling - science and solutions	Online via Zoom Meeting ID 513 214 6735
Wednesday 9th November	10am	Cuppa & Catch-up	Bruce's Café, East Wynyard
Friday 25th November	10am to 11:30am	Mothers' Group	376 Mt Hicks Road, Wynyard
Friday 2nd December	12 noon to 1:30pm	Out and about - social functions and expressing	Online via Zoom Meeting ID 513 214 6735
Wednesday 14th December	10am	Cuppa & Catch-up Last one for the year	Bruce's Café, East Wynyard

Pram walks start at Gutteridge Gardens in Wynyard at 10am some Fridays, if the weather is looking good.
Check our Facebook page or contact **Jess on 0408 799 508** to be added to the reminder list.

Check out our Facebook page



Australian Breastfeeding
Association - Burnie Wynyard Group

Visit our page on the ABA website



Burnie Wynyard Group

Local group contacts:

Sarah 0409 583 343
Charlotte 0407 864 767
Laura 0412 202 649
Wynta 0458 270 959