

ABA Hobart and Surrounds Group

January—June 2023



**Australian
Breastfeeding
Association**

When	Where	Time	Program
Fri 6 Jan	Online via Zoom	12.00pm–1.30pm	Off to a good start with breastfeeding Zoom Discussion ID 513 214 6735
Mon 16 Jan	South Hobart	10:30am–12.30pm	Coffee morning — The Rivulet Cafe
Fri 3 Feb	Online via Zoom	12.00pm–1.30pm	Expressing: do I need to? Zoom Discussion ID 513 214 6735
Mon 20 Feb	South Hobart	10:30am–12.30pm	Coffee morning — The Rivulet Cafe
Fri 3 Mar	Online via Zoom	12.00pm–1.30pm	GUEST SPEAKER * Introducing solids—and allergy Zoom Discussion ID 513 214 6735
Mon 20 Mar	South Hobart	10:30am–12.30pm	Coffee morning — The Rivulet Cafe
Fri 14 Apr	Online via Zoom	12.00pm–1.30pm	Sorting out milk supply: too much/not enough Zoom Discussion ID 513 214 6735
Mon 17 Apr	South Hobart	10:30am–12.30pm	Coffee morning — The Rivulet Cafe
Fri 5 May	Online via Zoom	12.00pm–1.30pm	Infant sleep—what is normal? Zoom Discussion ID 513 214 6735
Mon 22 May	South Hobart	10:30am–12.30pm	Coffee morning — The Rivulet Cafe
Fri 2 Jun	Online via Zoom	12.00pm–1.30pm	About ABA: how can they help me? Zoom Discussion ID 513 214 6735
Mon 19 Jun	South Hobart	10:30am–12.30pm	Coffee morning — The Rivulet Cafe

Coffee mornings venue:
The Rivulet Café
64 Anglesea Street,
South Hobart
Cross the bridge and turn left
Onsite free parking, space for
prams, a secure outdoor
playground and family-
friendly facilities

Details confirmed and correct at time of publication. As public health circumstances and venue availability may change, we reserve the right to alter details without notice.

Visit the '**ABA Hobart and Surrounds Group**' on Facebook (facebook.com/abahobart).

***Guest speaker presentation may include information not in accordance with ABA policies and position statements.**

All are welcome at our meetups—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.

Breastfeeding Education Live



Breastfeeding Education Live (BEL) is online breastfeeding education for during pregnancy. Claim a refund for the BEL portion of your membership and attend **free**. Join ABA, book your BEL session, then send proof of payment plus bank details to **abahobartws@gmail.com** to claim the member cost of the BEL refund.

Breast Pump Hire

Contact Linda on 0402 241 309

Buying a breast pump?

We stock the

Ardo Calypso Double Plus

Contact Ros 0478 620 420
or Jo 0417 057 423



Find us on Facebook
facebook.com/abahobart



The **Australian Breastfeeding Association (ABA)** began in 1964 as the Nursing Mothers' Association of Australia.

Australian Breastfeeding Association
24-hour National Breastfeeding Helpline
1800 686 268
(1800 mum 2 mum)

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

LiveChat Service

8pm-10pm weeknights
Mon & Fri 12pm-2pm

breastfeeding.asn.au

Local breastfeeding counselling—contact:

Jo on 0417 057 423

Rebecca on 0435 729 622 (Derwent Valley area)

Out and About with your Baby? ABA Accredited Baby Care Rooms

Hobart

- Royal Hobart Hospital—Ground Floor K block
- Myer Store - 3rd floor
- Centrepoint Arcade - lower level
- New Town Plaza (Centro)
- North Hobart Child Health Centre, 29 Strahan St

Glenorchy

- Community Health Centre, 2 Terry St
- Northgate Shopping Centre, lower level near escalator

Eastern Shore

- Rosny Park - Eastlands Centre (both levels)
- Howrah - Shoreline Shopping Centre

Kingston

- Kingston Community Health Centre, 6 Goshawk Way
- Channel Court Shopping Centre, 29 Channel Hwy

New Norfolk

- Community Health Service, Circle St

Bruny Island

- (Alonnah) Community Health Centre

Sorell - Community Health Centre

Clarendon Vale - Child and Family Centre

Ouse - Central Highlands Community Health



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