



# North Western Sydney Region 2023 Calendar of events

**Breastfeeding Helpline**  
**1800 mum 2 mum**  
**1800 686 268**

Whether you are awaiting the arrival of your first baby, breastfeeding or bottle feeding - all mothers, fathers, their children, support people and friends are most welcome to attend our meetings and social gatherings. Our meetings are very informal and while a nominated topic is set for most meetings, there is always an opportunity to discuss other topics of interest as a group or individually with a counsellor.

Our groups usually meet at Marayong Hotel (Blacktown), Glenhaven Community Centre (The Hills) and Hotel Pennant Hills (Hornsby)

**IMPORTANT MESSAGE: Due to COVID19 restrictions check our web calendar or fb to check venue or if meetings are via Zoom**

**See the ABA website calendar for information about virtual meetings offered by groups around Australia**

We look forward to meeting you. Bronwyn, Bec and Sam Group Leaders for the Blacktown, The Hills and Hornsby Groups

Tue 28 Mar 10am	Walk & Talk + Breastfeeding Questions - Check fb page for venue details	Blacktown Group
Wed 29 Mar 10am	Guest Speakers - Personal stories of Breastfeeding Twins	Hornsby Group
Wed 5 Apr 10am	Why is my baby crying?	Hornsby Group
Tue 11 Apr 10am	School holiday Q & A Picnic play day	Blacktown Group
Fri 21 Apr 10am	Coffee & chat at Fig & Co Café Kenthurst	The Hills Group
Thu 27 Apr 10am	Starting solid foods	Hornsby Group
Fri 5 May 10am	Weaning with love	The Hills Group
Tue 9 May 10am	Weight gains & your supply	Blacktown Group
Wed 10 May 10am	Women's Health Physio - Guest Speaker for Mothering Week	Hornsby Group
Fri 19 May 10am	Breastfeeding an older baby	The Hills Group
Tue 23 May 10am	Milk supply, too much, too little?	Blacktown Group
Thu 25 May 10am	Breastfeeding and Food Allergy/ Intolerance	Hornsby Group
Fri 2 June 10am	Breastfeeding refusal & biting!	The Hills Group
Wed 7 June 10am	Thriving mums & babies Psychologist - Guest Speaker	Hornsby Group
Tue 13 June 10am	Breastfeeding in the early DAZE	Blacktown Group
Fri 16 June 10am	Balancing a newborn & living with a toddler	The Hills Group
Tue 27 June 10am	Night-time parenting	Blacktown Group
Tue 11 July 10am	School holiday Q&A + park play	Blacktown Group
Fri 21 July 10am	Share your life hacks for busy mums	The Hills Group
Fri 4 August 10am	World Breastfeeding Week!	The Hills Group
Fri 18 August 10am	Returning to work or working from home	The Hills Group

[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

**Blacktown Group Leader  
& Breastpump Hirer**

**Bronwyn 0400 395 531**  
[abablacktown@yahoo.com.au](mailto:abablacktown@yahoo.com.au)

**Hills Group Leader  
& Breastpump Hirer**

**Bec 0413 849 008**  
[aba@abahills.org](mailto:aba@abahills.org)

**Hornsby Group Leader**

**Sam 0432 904 842**  
[aba.hornsbyberowra@gmail.com](mailto:aba.hornsbyberowra@gmail.com)

**Hornsby Breastpump Hire  
Enquiries**  
**Antonia 0418 166 655**

**Mother Safe Medication  
Info Line 9382 6539**

**Poisons Information**  
13 11 26

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The Breastfeeding  
Helpline is supported by  
funding from the  
Australian Government



**Please check for any changes of date/venue on facebook**  
**ABA Sydney North West Region**