



# 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

Thu 8 June 10am	Thriving mums & babies	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
Thu 22 June 10am	How to stop the top-up trap	Hornsby Group
Tue 27 June 10am	Night-time parenting	Blacktown Group
Tue 11 July 10am	School holiday Q&A + Park Play Endeavour Park, Kings Langley	Blacktown Group
Fri 21 July 10am	Share your life hacks for busy mums	The Hills Group
Tues 25 July 10am	Expressing & Storing Breastmilk	Blacktown Group
Thu 27 July 10am	Feeding patterns - what is normal?	Hornsby Group
Fri 4 Aug 10am	World Breastfeeding Week celebration	The Hills Group
Tues 8 Aug 10am	Taking Care of Ourselves	Blacktown Group
Thu 10 Aug 10am	Sleep & Settling baby	Hornsby Group
Fri 18 Aug 10am	Returning to work or working from home	The Hills Group
Tue 22 Aug 10am	Introducing Family Foods	Blacktown Group
Wed 30 Aug 10am	Taking the ouch out of breastfeeding	Hornsby Group
Fri 1 Sept 10am	Milk Supply - Is my baby getting enough?	The Hills Group
Wed 6 Sept 10am	TBA Women's health Week	Hornsby Group
Tue 12 Sept 10am	Weaning	Blacktown Group
Fri 15th Sept 10am	Feeding patterns - What's normal	The Hills Group
Sat 16 & Sun 17	Volunteer with ABA at the PBC Expo	Sydney Showground
Thu 21 Sept 10am	Milk, Mush & Mess	Hornsby Group
Tue 26 Sept 10am	School holiday Q&A + Park Play Endeavour Park, Kings Langley	Blacktown Group
Tue 10 Oct 10am	Surviving Summer/Keeping Baby Cool	Blacktown Group
Thu 12 Oct 10am	Why is my Baby Crying? Could it be reflux?	Hornsby Group
Fri 20 Oct 10am	Self-care for Mums	The Hills Group
Tues 24 Oct 10am	Breastfeeding & Returning to Work	Blacktown Group

**Blacktown Group Leader  
& Breast Pump Hirer**

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

**Hills Group Leader  
& Breast pump 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 Breast Pump Hire  
Enquiries**  
Antonia 0418 166 655

**Mother Safe Medication  
Info Line 9382 6539**

**Poisons Information**  
13 11 26

Breastfeeding Helpline  
**1800 686 268**

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 OR the calendar at [breastfeeding.asn.au](http://breastfeeding.asn.au)**