



Australian Breastfeeding Association

If you enjoy being a part of our group, you may wish to join as a member to enjoy all of the benefits that ABA offers. As a volunteer not-for-profit

organisation, we rely on membership subscriptions (and some grants, donations and fundraising) to continue our services in the community.



Are you expecting?



In Tasmania: join to claim full refund on your online Breastfeeding Preparation Session

To locate your group for refund visit breastfeeding.asn.au/tasmania-branch



- 1) Please join ABA at breastfeeding.asn.au
- 2) Book into your Breastfeeding Preparation Session/ BEL session
- 3) Claim our ABA local group refund session offer by sending proof of payment plus you bank details to ptmcmullen60@bigpond.com

Thank you to Leonie Hiscutt, MLC and her office for the photocopying of these diary dates to support ABA.

Breastfeeding information and supports

Talk to a **local** breastfeeding counsellor:

- face-to-face at a local group get-together or
- by phone:

Tana – 0428 204 076 (**Co-Group Leader**)

Marion (**Co-Group Leader** and Breast Pump Hire) – 6425 5780

Suzanne – 6437 2462

Or go to our website:

www.breastfeeding.asn.au

(includes LiveChat)

Or call:



Breastfeeding Helpline
1800 mum 2 mum

1 800 686 268

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

Babies, mothering, breastfeeding

Find support in your local area



Connect with mums in your community

Ulverstone-Penguin Area

Activities:
(online and face-to-face)



July – December 2023





**Australian
Breastfeeding
Association**

Tas Central Coast Group diary dates

The Tas Central Coast Group of the Australian Breastfeeding Association meets on the first and third Fridays of the month, with occasional additional events e.g. dessert nights when there is a fifth Friday - yum!

All are welcome at our get-togethers—a great way to meet other mothers! You don't need to join ABA, have a problem or be breastfeeding to come along - our group activities in Tasmania are **FREE** to all. We talk about all sorts of things to do with being a mum and looking after children. Babies and children, friends and support people are also welcome! Our get-togethers are led by trained volunteers and include informal discussions as well as guest speakers.

Why not check us out? You can also:

- Get your breastfeeding questions answered
- Share your experiences
- Make friends and have fun
- Help other mums
- Be accepted and encouraged (including care and support when breastfeeding doesn't work out).

All Zoom 'Info and Chats' run from 12:00 noon - 1:30pm. All other face-to-face events run from 10:30am - 12:30pm unless stated otherwise. Sometimes we offer additional 'Cuppa and Chats' at mums' homes - see Group Leader emails/Facebook page for details. Don't worry if you're running late - we're glad to see you whenever you can get there!! Dessert nights start at 7:30pm.

MUMS' GROUP ACTIVITIES (July - December 2023)

DATE and TIME	EVENT/TOPIC	VENUE
Friday 7 th July 12:00 noon - 1:30pm	Info and Chat - 'Breastfeeding myths: is what I heard fact or fiction?'	Online via Zoom*
Friday 21 st July 10:30am - 12:30pm	Cuppa and Chat**	Multi-purpose room, No. 34 Alexandra Road, Ulverstone (Aboriginal Health Service)
Friday 4 th August 12:00 noon - 1:30pm	World Breastfeeding Week August 1 - 7 Info and Chat - 'Working, studying and breastfeeding: how to make it happen'	Online via Zoom*
Friday 18 th August 10:30am - 12:30pm	Info and Chat** - 'A fun breastfeeding game'	No. 34 Alexandra Road, Ulverstone
Friday 1 st September 12:00 noon - 1:30pm	Info and Chat - 'Supporting your postnatal body: exercise, pelvic floor and common complaints' (Guest Speaker***)	Online via Zoom*
Friday 15 th September 10:30am - 12:30pm	Info and Chat** - 'Libido, loving and lactation**	No. 34 Alexandra Road, Ulverstone
Friday 29 th September Starting at 7:30pm	Dessert night**	Marion's home, 37 Cluan Crescent, Ulverstone
Friday 6 th October 12:00 noon - 1:30pm	Info and Chat - 'BYO questions and experiences to share'	Online via Zoom*
Friday 20 th October 10:30am - 12:30pm	Cuppa and Chat**	No. 34, Alexandra Road, Ulverstone
Friday 3 rd November 12:00noon - 1:30pm	Info and Chat - 'Expressing: do I need to?'	Online via Zoom*
Friday 17 th November 10:30am - 12:30pm	Info and Chat** - 'Your pregnant and postnatal body' (Guest Speaker***)	No. 34, Alexandra Rd, Ulverstone
Friday 1 st December 12:00 noon - 1:30pm	Info and Chat - 'Out and about: parties and travel'	Online via Zoom*
December	End of year event**	Date and details to be advised

* Meeting ID: 513 214 6735. Zoom link is also emailed to ABA members and available on our Facebook group page.

** Attendees are requested to not attend if you or anyone in your household is unwell. We thank you for your consideration and efforts to keep our community safe and healthy. Please read Group Leader emails/Facebook page to check re late cancellation of face-to-face events due to illness. Please contact Marion if unsure on 0409 899 136 or Tana on 0428 204 076.

*** This presentation may include information which is not in accordance with ABA polices and position statements.



Find us on Facebook
facebook.com/tascentralcoastaba

