

### 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 or Charlotte 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.

Our **pram walks** are on the fourth Friday of the month and start at 10am from the car park at **Gutteridge Gardens in Wynyard**. Check our Facebook page or contact Jess on 0408 799 508 as this event depends on the weather and may turn into a cafe catch-up instead.

### Membership

ABA members receive:

Ongoing local private breastfeeding support  
Local group events for information and face to face breastfeeding counselling  
"Breastfeeding...naturally" book valued at \$34.95  
50% off breast pump hire  
Essence magazine and regular eNews  
Antenatal **Breastfeeding Preparation Session** webinar cost **fully refunded** by your local group.

To join visit our website [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)  
To enrol into a *Breastfeeding Preparation Session* webinar use the QR code.



Once enrolled send your receipt and bank details to [schuuring30@hotmail.com](mailto:schuuring30@hotmail.com) (Group Leader) for your rebate.

### 24-hour National Breastfeeding Helpline

1800 686 268

### LiveChat Service

8pm–10pm weeknights  
Monday & Friday 12pm–2pm  
[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

### Group Contacts:

#### Breastfeeding Counsellors

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

### Breast Pump Hire

Charlotte 0407 864 767

**Families with a connection to the West Coast pay reduced hire and kit costs thanks to a grant from Avebury Nickel**

### Pram Walks

Jess 0408 799 508



**Australian  
Breastfeeding  
Association**

**Burnie Wynyard  
Group**

**Local events**

**July to December 2023**

**Breastfeeding Helpline  
1800 mum 2 mum**

**1800 686 268**

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

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

Date	Time	Topic	Venue
Friday 7th July	12 noon to 1:30pm	Breastfeeding Myths: is what I heard fact or fiction?	Online via Zoom Meeting ID 513 214 6735
Wednesday 12th July	10am	Cafe Catch-up	Bruce's Café, East Wynyard
Friday 28th July	10am	Pram Walk *	Gutteridge Gardens Wynyard
Friday 4th August	12 noon to 1:30pm	Working, Studying and Breastfeeding: how to make it happen	Online via Zoom Meeting ID 513 214 6735
Wednesday 9th August	10am	Cafe Catch-up	Bruce's Café, East Wynyard
Friday 25th August	10am	Pram Walk *	Gutteridge Gardens Wynyard
Friday 1st September	12 noon to 1:30pm	Supporting your postnatal body: exercise, pelvic floor and common complains "Guest Speaker" (May include information which is not in line with ABA position statements and policies.)	Online via Zoom Meeting ID 513 214 6735
Wednesday 13th September	10am	Cafe Catch-up	Bruce's Café, East Wynyard
Friday 22nd September	10am	Pram Walk *	Gutteridge Gardens Wynyard
Friday 6th October	12 noon to 1:30pm	BYO Questions and experiences to share	Online via Zoom Meeting ID 513 214 6735
Wednesday 11th October	10am	Cafe Catch-up	Bruce's Café, East Wynyard
Friday 27th October	10am	Pram Walk *	Gutteridge Gardens Wynyard
Friday 3rd November	12 noon to 1:30pm	Expressing: do I need to?	Online via Zoom Meeting ID 513 214 6735
Wednesday 8th November	10am	Cafe Catch-up	Bruce's Café, East Wynyard
Friday 24th November	10am	Pram Walk *	Gutteridge Gardens Wynyard
Friday 1st December	12 noon to 1:30pm	Out & About: parties and travel	Online via Zoom Meeting ID 513 214 6735
Wednesday 13th December	10am	Cafe Catch-up	Bruce's Café, East Wynyard

\* For the pram walks keep an eye on our Facebook page for updates, as these depend on the weather.

Check our Facebook page



**Australian Breastfeeding Association  
- Burnie Wynyard Group**

Check our page on the ABA website



**Burnie Wynyard, Tas**

Our group contacts

Sarah 0409 583 343  
Charlotte 0407 864 767  
Laura 0412 202 649  
Jess 0408 799 508