

ABA Hobart and Surrounds Group

July-December 2023



**Australian
Breastfeeding
Association**

| When | Where | Time | Program |
|-------------------|-----------------|-----------------|---|
| Fri 7 July | Online via Zoom | 12.00pm–1.30pm | Breastfeeding myths: is what I heard fact or fiction? Zoom Discussion ID 513 214 6735 |
| Mon 17 Jul | South Hobart | 10:30am-12.30pm | Coffee morning – The Rivulet Cafe |
| Fri 4 Aug | Online via Zoom | 12.00pm–1.30pm | WORLD BREASTFEEDING WEEK 2023 Working, studying and breastfeeding: how to make it happen Zoom Discussion ID 513 214 6735 |
| Mon 21 Aug | South Hobart | 10:30am-12.30pm | Coffee morning – The Rivulet Cafe |
| Fri 1 Sep | Online via Zoom | 12.00pm–1.30pm | GUEST SPEAKER* Supporting your postnatal body: exercise, pelvic floor and common complaints Zoom Discussion ID 513 214 6735 |
| Mon 18 Sep | South Hobart | 10:30am-12.30pm | Coffee morning – The Rivulet Cafe |
| Fri 6 Oct | Online via Zoom | 12.00pm–1.30pm | BYO questions and experiences to share Zoom Discussion ID 513 214 6735 |
| Mon 16 Oct | South Hobart | 10:30am-12.30pm | Coffee morning – The Rivulet Cafe |
| Fri 3 Nov | Online via Zoom | 12.00pm–1.30pm | Expressing: do I need to? Zoom Discussion ID 513 214 6735 |
| Mon 20 Nov | South Hobart | 10:30am-12.30pm | Coffee morning – The Rivulet Cafe |
| Fri 1 Dec | Online via Zoom | 12.00pm–1.30pm | Out and about: parties and travel Zoom Discussion ID 513 214 6735 |
| Mon 11 Dec | 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

Join the private
Facebook group:
Australian Breastfeeding
Association
Tasmania Chat

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 mothers and parents are welcome at our meetups—a great way to meet others for social and parenting support. 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—including local online discussions—are free.*

Breastfeeding Education Live



Breastfeeding Preparation Session
Local member refund offer

Pregnant? Prep for breastfeeding success with an ABA live online education workshop. ABA members in Tasmania can claim a refund of the cost, making the session FREE! Join ABA on the website, book a session, then provide proof of payment and bank details to abahobartws@gmail.com to

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](https://www.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

A.B.N: 64 005 081 523 RTO: 21659

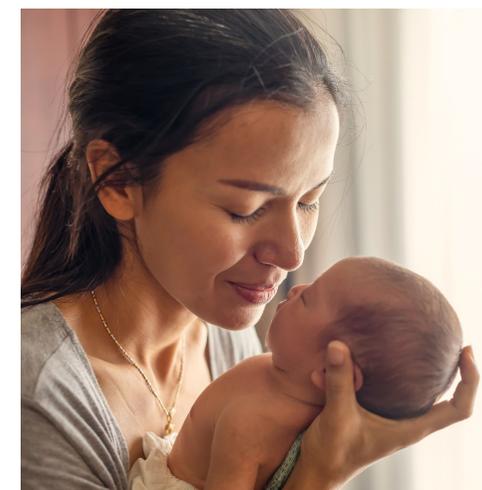


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