

Hawkesbury/Nepean group

# Local Catch-Ups

September to December 2023

All mothers, parents, and family members welcome for free breastfeeding support. Please RSVP via Facebook or email us at [hawkesburynepean@gmail.com](mailto:hawkesburynepean@gmail.com).

Friday 8th September, 10am at Daily Break in Glenmore Park  
**Hosted by Peta - 0404024849**

Friday 22nd September, 10am at The Log Cabin in Penrith  
**Hosted by Peta - 0404024849**

Thursday 12th October, 10am at Clementine's Cafe in Caddens  
**Hosted by Mel - 0402750086**

Thursday 26th October, 10am at Grow Cafe in Leonay  
**Hosted by Vanessa - 0413111261**

Monday 6th November, 10am at Nanna's Place in Emu Plains  
**Hosted by Rosie - 0408871446**

Friday 24th November, 10am at The Orchard in Jamisontown  
**Hosted by Nicole J - 0419273181**

Thursday 7th December, 10am at Clementine's Cafe in Caddens  
**Hosted by Mel - 0402750086**

Wednesday 20th December, 10am at Daily Break in Glenmore Park  
**Hosted by Nicole B - 0413726513**



Breastfeeding Helpline



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



1800 686 268



Australian  
Breastfeeding  
Association