

# Local Catch-Ups

**January to March 2024**

All mothers and family members welcome for a chat and free breastfeeding support.

Please RSVP via Facebook or email us at [ababmgroup@gmail.com](mailto:ababmgroup@gmail.com)



## January

- Friday 19th Info and Chat: Breast and Nipple Care, online
- Monday 22nd Walk and Talk: Pool of Siloam, Leura

## February

- Thursday 1st Info and Chat: Top up spiral, Winmalee
- Monday 12th Info and Chat: Expressing and Storing, online
- Monday 26th Walk and Talk: Horseshoe Falls, Hazelbrook

## March

- Thursday 7th Info and Chat: Feeding Patterns
- Wednesday 13th Info and Chat: Breast Refusal
- Monday 25th Walk and Talk: Glenbrook Lagoon



**Australian  
Breastfeeding  
Association**



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

**Breastfeeding helpline**



**1800 686 268**