



**Australian
Breastfeeding
Association**

Lismore Group Diary Dates

January-June 2024

We welcome all mothers, their babies and young children, and their support people.

We operate on baby time - so just arrive when you can.

You don't need to have breastfeeding concerns and you don't need to be breastfeeding.

Discussion topics are just conversation starters.

We are always happy to discuss any breastfeeding questions or concerns.

Date	Time	Event Type	Details	Location
Friday 12 Jan	10:00am	Chat & Play	Fun in the Park	Heritage Park Lismore
Friday 9 Feb	10:00am	Connect & Share	Birthday celebrations - 60 years of mum2mum support	Goonellabah Community Centre
Saturday 24 Feb	1.30-4.30	Breastfeeding Preparation Class	Planning to Breastfeed? Prepare to SUCCEED! <i>Details abalismore@gmail.com</i>	Lismore Details on registration
Friday 8 Mar	10:00am	Connect & Share	We can work it out - working and breastfeeding	Southern Cross University
Friday 12 Apr	10:00am	Connect & Share	Nighttime Parenting—Who's sleeping where at your house?	Goonellabah Community Centre
6-12 May	National Mothering Week - 60 years of endless love <i>ABA's newly developed Endless Love rose available to order</i>			Across Australia
Friday 10 May	10:00am	Connect & Share	Caring for you as you care for your children - 60 years of endless love	Goonellabah Community Centre
Saturday 11 May	10.00am	Connect & Share	Picnic in the Park for everyone who has breastfed in the past 60 years	Wade Park East Lismore
Saturday 25 May	1.30-4.30	Breastfeeding Preparation Class	Planning to Breastfeed? Prepare to SUCCEED! <i>Details abalismore@gmail.com</i>	Lismore Details on registration
Friday 14 Jun	10:00am	Connect & Share	Breastfeeding myths and recent research	Goonellabah Community Centre

Venue information and details of other activities are found on our Lismore Group webpage.

See our calendar at <https://www.breastfeeding.asn.au/group/lismore-group-nsw#calendar>.

Follow us on facebook to find out about all our group activities <https://www.facebook.com/aba.lismore/>

Can't make it to these events but would like to be part of the breastfeeding community?

- ♦ Join an online gathering. See <https://www.breastfeeding.asn.au/calendar-online>

Want more information on any breastfeeding topic?

- ♦ Call the 24/7 National Breastfeeding Helpline on 1800 686 268
- ♦ Visit <https://www.breastfeeding.asn.au/> and use the search box. Check our podcasts too!
- ♦ Use LiveChat 8-10pm (AEST/AEDT) Mon-Fri <https://www.breastfeeding.asn.au/livechat>
- ♦ Download our ABA phone app mum2mum - free from all phone stores.