



Randwick Group Meetings

February – July 2025

Whether you are awaiting the arrival of your baby, breastfeeding or bottle feeding, all mothers, partners, children, grandparents and friends are most welcome at our meetings and social gatherings. Our groups are very informal and while a nominated topic is set for most meetings, there is always the opportunity to discuss your concerns or speak with a counsellor in a group or individual setting. We look forward to meeting you soon,
Jackie and Lauren – Randwick Group Leaders

Call our Breastfeeding Helpline
1800 mum 2 mum or 1800 686 268

Thursday 6 th February 2025 11am – 1pm	The Benefits of Baby Massage Guest Speaker Angie demonstrates hands on baby massage	<p>There are two Breastfeeding Education Classes scheduled for this period for expectant parents at our Kensington location please see below for details</p> <p>Saturday 22nd February, 2025 2pm – 5pm</p> <p>Saturday 14th June, 2025 2pm – 5pm</p> <p>The cost is just \$20 per couple for ABA members Book your spot via Eventbrite Breastfeeding.asn.au/education/breastfeeding-education-classes or SMS Jackie 0414 760 445</p> <p>You can hire a breast pump at a 50% discount for members Please contact Jackie 0414 760 445 or Jeanie 0408 678 660 or email abarandwickgroup@gmail.com</p> <p>Mothersafe Medication Info 9382 6539</p> <p>Poisons Information 13 11 26</p>
Thursday 6 th March 2025 11am – 1pm	Supply – The Top Up Spiral How to navigate expressing and top ups	
Thursday 3 rd April 2025 11am – 1pm	Returning to Work or Study We'll discuss how to navigate this transition and also provide you with information and on expressing and storing breastmilk	
Thursday 1 st May 2025 11am – 1pm	Mothering Week Nurturing the mother Enjoy a shoulder massage and a hot drink on us	
Thursday 5 th June 2025 11am – 1pm	Let's talk about solids Guest Speaker Clinical Nutritionist and mum of three Yianna will join us to talk about introducing solids to your baby	
Thursday 3 rd July 2025 11am – 1pm	Sleep and Settling Let's get cozy and enjoy a hot chocolate on us and a chat about sleep and breastfeeding	

Please note our new location is Kensington Park Community Centre, Hall 2, 1 Day Lane, Kensington.

Find us @abarandwick