

Parenting village dates for your calendar



Date	Where	Time	Catch-Up
Fri Jul 4	Howrah	10am-12pm	<i>Your pelvic floor: pregnancy and postpartum</i> Guest speaker* - Howrah Community Centre
Mon Jul 21	South Hobart	10:30am-12.30pm	Coffee morning — The Rivulet Cafe
Fri Aug 1	Howrah	10am-12pm	<i>Introducing solids and food allergies</i> — Guest speaker* Howrah Community Centre
Mon Aug 18	South Hobart	10:30am-12.30pm	Coffee morning — The Rivulet Cafe
Fri Sep 5	Howrah	10am-12pm	Info and chat — <i>Expressing / returning to work</i> Howrah Community Centre
Mon Sep 15	South Hobart	10:30am-12.30pm	Coffee morning — The Rivulet Cafe
Fri Oct 3	Howrah	10am-12pm	<i>Baby and toddler massage</i> — Guest speaker* Howrah Community Centre
Mon Oct 20	South Hobart	10:30am-12.30pm	Coffee morning — The Rivulet Cafe
Fri Oct 31	Bellerive	10am-11:30am	Pram Walk — Bellerive Beach Park
Fri Nov 7	Howrah	10am-12pm	Info and chat — <i>Weaning</i> - Howrah Community Centre
Mon Nov 17	South Hobart	10:30am-12.30pm	Coffee morning — The Rivulet Cafe
Fri Dec 5	Howrah	10am-12pm	Info and chat — <i>Sleep</i> - Howrah Community Centre
Mon Dec 8	South Hobart	10:00am-12.30pm	Pram walk and coffee morning —The Rivulet Cafe

Find local ABA news on Instagram [@ozbreastfeedingtas](#) and on Facebook, 'ABA Hobart and Surrounds Group'.

All details correct at time of publication. As public health circumstances, guest speaker and venue availability are subject to change, we reserve the right to make alterations without notice.

*Guest speaker presentations may include information not in accordance with ABA policies and position statements.

breastfeeding.asn.au



Australian
Breastfeeding
Association

Coffee mornings venue:

The Rivulet Café 64 Angelsea Street, South Hobart
Cross the bridge and turn left
Onsite free parking, space for prams, secure outdoor
playground and family-friendly facilities

Info and chat venue:

Howrah Community Centre 11 Howrah Rd, Howrah
Family-friendly facilities
Find us in the **Sunshine Room**

**Baby care rooms, breast pumps,
welcoming venues and local group
information:**



**Scan here to locate what's around
in your local community
using ABA's interactive map**

To take a **breastfeeding education class** with

ABA, see over for our online

Breastfeeding Preparation Session

and claim **\$20 cashback** after booking in

just email proof of payment to:

abahobartws@gmail.com

JULY – DECEMBER 2025

About Us

The Australian Breastfeeding Association provides evidence-based breastfeeding and parenting information and support available to all mothers and parents.

Access our local mothers group to connect with others and have your breastfeeding questions answered by qualified peer supporters.

Support for all stages is available at our free local activities, at breastfeeding.asn.au, using the **mum2mum** app, calling the **National Breastfeeding Helpline** and our ABA **LiveChat** service.

Want to take a class? ABA offers expectant parents the ABA **Breastfeeding Preparation Session** education webinar – **save with our local group \$20 cashback** offer.

Access ABA's *Virtual Village* for additional parenting webinars and online support services, including premium **mum2mum** app content.

In Tasmania the Australian Breastfeeding Association is supported by the Crown through the Department of Health



1800mum2mum
Breastfeeding Helpline 1800 686 268

The National Breastfeeding Helpline is supported by funding from the Australian Government



breastfeeding.asn.au



Australian
Breastfeeding
Association

FREE INFO KIT
SIGN UP FOR
RESOURCES



**BREASTFEEDING
PREPARATION
SESSION**
ANTENATAL CLASS
CLAIM **\$20 CASHBACK**
FROM TASMANIAN
LOCAL GROUPS

BREAST PUMP HIRE
PICKUP
SOUTH HOBART



CONTACT US

Tate • 0438 358 083 | Group leader

Linda • 0402 241 309 | Breast pump hire

Jo • 0417 057 423

Lynne • 0418 328 306

Elisabeth • 0439 384 986

✉ abahobartws@gmail.com

🌐 aba.asn.au/hobartandsurrounds

📷 [ozbreastfeedingtas](https://www.instagram.com/ozbreastfeedingtas)

📘 **ABA Hobart and Surrounds Group**

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



Australian
Breastfeeding
Association

Pregnant

Breastfeeding

Parenting

We're here for you

Hobart and Surrounds Group



JULY – DECEMBER 2025