## Parenting village dates for your calendar 🌉



Australian Breastfeeding Association

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#### Coffee mornings venue:

The Rivulet Café 64 Anglesea 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** 

Date	Where	Time	Catch-Up
Fri Jul 4	Howrah	10am-12pm	Your pelvic floor: pregnancy and postpartum 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	Introducing solids and food allergies – 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 — Expressing / returning to work Howrah Community Centre
Mon Sep 15	South Hobart	10:30am-12.30pm	Coffee morning – The Rivulet Cafe
Fri Oct 3	Howrah	10am-12pm	<b>Baby and toddler massage – Guest speaker*</b> 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 — Weaning - 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 — Sleep - 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 polices and position statements.

### breastfeeding.asn.au

# 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.

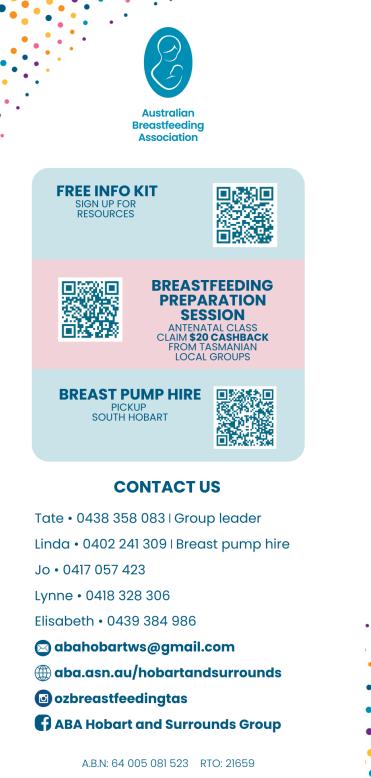
Access ABA's Virtual Village for additional parenting webinars and online support services, including premium **mum2mum** app content. In Tasmania the Australian Breastfeeding Association is supported by the Crown through the Department of Health



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



breastfeeding.asn.au





#### **Hobart and Surrounds Group**

