# 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 groups in Tasmania to connect with others.

Support for all stages is available at breastfeeding.asn.au, the mum2mum app, calling the National Breastfeeding Helpline 1800 686 268, our ABA LiveChat service and at our free local activities. Have your breastfeeding auestions answered by aualified peer supporters.

Want to take a class? ABA offers expectant parents the ABA Breastfeeding Preparation Session live 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

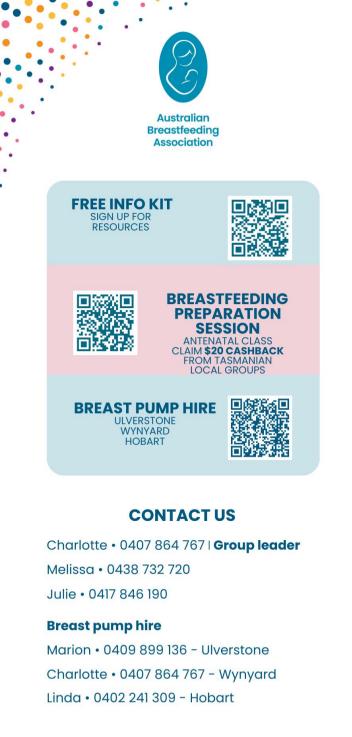


1800mum2mum Breastfeeding Helpline 1800 686 268

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



breastfeeding.asn.au



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



Australian Breastfeeding Association



# Northern Tasmania Group



#### ABA Virtual Village Plus provides:

- Antenatal Breastfeeding Preparation
  Session webinar with \$20 cashback offer
  from Northern Tasmania Group
- ✓ FREE ABA e-book *Breastfeeding...a practical guide* (valued at \$29.95)
- ✓ Premium features in the **mum2mum** app
- ✓ Half-price **breast pump hire** rates
- ✓ ABA member magazine **Essence** quarterly
- ✓ Regular member e-newsletter
- Newborn virtual village and Connect & share online parenting workshops
- ✓ LiveChat queue priority

## Join at aba.asn.au/join

#### Having a baby? Take ABA's class



Register for a **Breastfeeding Preparation Session** – ABA's online interactive education session to learn to breastfeed your baby/ies.

Claim the local group **\$20 cashback** offer - scan the code to register.

FIFO couples can individually join the same class from different locations.



FOLLOW US ON INSTAGRAM @OZBREASTFEEDINGTAS



FIND US ON FACEBOOK @ABA NORTHERN TASMANIA GROUP

#### **Volunteering with ABA**

Want to see the return of local ABA social activities in your area? We need you! You will be supported by qualified ABA counsellors and educators. Become a group volunteer to reinvigorate our local parenting village - give back to your local area and increase your confidence. Ask us how!

Contact group leader, Charlotte - 0407 864 767 charlotte.fielding@breastfeeding.asn.au

#### Find your nearest ABA activity

FOR GROUP ACTIVITIES IN THE ULVERSTONE AND TAS CENTRAL COAST AREA, SCAN THIS CODE.





FOR GROUP ACTIVITIES IN THE GREATER HOBART AREA, SCAN THIS CODE.

VISIT ABA.ASN.AU/TASMANIA FOR TASMANIA-WIDE ABA INFORMATION.



# breastfeeding.asn.au



#### ABA Free Info Kit

Get access to accurate, evidence-based information and resources supporting your journey.

Perfect at all stages from pregnancy to weaning and as your family grows. Enter your details to access:

- ♥ Breastfeeding Confidence mini eBook
- mum2mum app lite
- monthly eNewsletter

SCAN TO ACCESS FREE INFO KIT

### **Training with ABA**

Interested in training as a volunteer breastfeeding counsellor or breastfeeding educator? Scan here to learn more.

