



**Australian
Breastfeeding
Association**

Lismore Group Diary Dates

July-December 2025

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 to join us.

Discussion topics are just conversation starters.

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

Date	Time	Event Type	Details	Location
Friday 11 July	10:00am	Connect & Share	Baby on strike – dealing with breast refusal	Goonellabah Community Centre
1–7 Aug		World Breastfeeding Week <i>Prioritise Breastfeeding – Create sustainable support systems</i> Visit the Display – at Lismore Library during opening hours		Across Australia and the world Visit Lismore Library
Please note the <u>change of day and venue</u> for our monthly Connect & Share gatherings. From August we will be meeting at LISMORE LIBRARY on the second THURSDAY of each month				
Thursday 14 Aug	10:00am	Connect & Share	Lismore Group – Sustaining breastfeeding with local support	Lismore Library 110 Magellan St
Sat 30 Aug	9.30am– 12.30pm	In-person Breastfeeding Education Class	Planning to Breastfeed? Prepare to SUCCEED! <i>Details abalismore@gmail.com</i>	Lismore Details on registration
Thursday 11 Sep	10:00am	Connect & Share	Weaning – when and how to stop breastfeeding	Lismore Library 110 Magellan St
Thursday 9 Oct	10:00am	Connect & Share	Guest speaker – infant sleep and settling	Lismore Library 110 Magellan St
Thursday 13 Nov	10:00am	Connect & Share	The highs and lows of breastmilk supply – all you need to know	Lismore Library 110 Magellan St
Sat 29 Nov	9.30am– 12.30pm	Breastfeeding Preparation Class	Planning to Breastfeed? Prepare to SUCCEED! <i>Details abalismore@gmail.com</i>	Lismore Details on registration
Thursday 11 Dec	10:00am	Connect & Share	Hot tips on breastfeeding in the hot weather	Lismore Library

Walk & Talk now in Lismore on the fourth Wednesday. For details of this and other social activities please see our calendar at breastfeeding.asn.au/group/lismore-group-nsw#calendar.

Follow us on Facebook to find out about all our group activities 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 breastfeeding.asn.au/calendar-online

Want more information on any breastfeeding topic?

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