

Newcastle Hunter Region 2025 Apr – Oct Calendar



**Australian
Breastfeeding
Association**

Date	Topic	Location
Mon 7 Apr , 10-11:30	Mum hacks & parenting tips	Oasis Cafe, 67 Cleary Street, Hamilton
Wed 30 Apr , 10-11:30	Breastfeeding & the early days	Mums' Cottage, 29 St Helen Street, Holmesville
Wed 7 May , 10-11:30	Guest presenter: Weaving Circle <i>**Free ticketed event - see website for details**</i>	MAC Yapang Gallery Cafe, 1A First St, Booragul
Fri 9 May , 9:30-11	Breastfeeding & returning to work/study	Reader's Cafe, 3 Garnett Rd, East Maitland
Mon 12 May , 10-11:30	Breastfeeding & family foods	Ground Up Espresso, 120 Young Street, Carrington
Wed 28 May , 10-11:30	Sleeping like a baby?	Mums' Cottage, 29 St Helen Street, Holmesville
Mon 23 Jun , 10-11:30	Debunking myths & social media trends	Oasis Cafe, 67 Cleary Street, Hamilton
Wed 25 Jun , 10-11:30	Expressing & storing breastmilk	Mums' Cottage, 29 St Helen Street, Holmesville
Thu 3 Jul , 10-11:30	Supply: answering all your questions	Ground Up Espresso, 120 Young Street, Carrington
Fri 11 Jul , 9:30-11	Toddler & new baby	Reader's Cafe, 3 Garnett Rd, East Maitland
Wed 23 Jul , 10-11:30	Self-care: looking after YOU	Mums' Cottage, 29 St Helen Street, Holmesville
Mon 4 Aug , 10-11:30	The parenthood juggle & finding support	ELMAS on Clyde, 40/54 Clyde Street, Hamilton Nor
Wed 6 Aug , 10-11:30	Guest speaker: Women's Health Physio <i>** Free ticketed event - see website for details**</i>	Mums' Cottage, 29 St Helen Street, Holmesville
Wed 27 Aug , 10-11:30	Chat & play at Warner Park playground	Warner Park Playground, 1 John St, Warners Bay
Mon 1 Sep , 10-11:30	Breastfeeding all ages	Ground Up Espresso, 120 Young Street, Carrington
Mon 3 Sep , 10-11:30	Introducing family foods	Mums' Cottage, 29 St Helen Street, Holmesville
Fri 12 Sep , 9:30-11	Out & about: breastfeeding in public	Honest Vine Cafe, 3 Garnett Rd, East Maitland
Wed 24 Sep , 10-11:30	Chat & play at Warner Park playground	Warner Park Playground, 1 John St, Warners Bay
Mon 20 Oct , 10-11:30	Sleep & night-time parenting	Reload Cafe, at Balance Collective, Mayfield
Wed 29 Oct , 10-11:30	Toddler & new baby	Mums' Cottage, 29 St Helen Street, Holmesville

All are welcome!

Whether awaiting the arrival of your first baby, breastfeeding or bottle feeding – all mothers, fathers, children, support people & friends are invited.

Meet ups are informal and, even when topics are set, there are always opportunities to discuss other topics of interest, in a group or individually with a volunteer!



follow us on Facebook for event details
and updates @ **Australian Breastfeeding
Association**

Newcastle/Hunter Region



1800mum2mum

Breastfeeding Helpline 1800 686 268
breastfeeding.asn.au

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

**Lake Mac group
& breast pump hire**
lakemacaba@gmail.com
Kathleen 0421 343 924

Newcastle group
newcastle@
breastfeeding.asn.au
Jamie 0435 992 632
Breast pump hire
Eliza 0447 398 500

Lower Hunter group
lowerhunter@
breastfeeding.asn.au
Carly 0434 392 188
Breast pump hire
Natalie 0435 727 343

Upper Hunter group
asmwicks@bigpond.com
Margaret 0438 451 891
Breast pump hire
Marion 0459 458 001