

Newcastle ABA Group

2025 Oct – 2026 Mar Calendar



**Australian
Breastfeeding
Association**

Date	Topic	Location
Sat 18 Oct 1-4:30	Breastfeeding Education Class <i>**Paid class, see website**</i>	Sugar Valley Library Museum, Cameron Park
Mon 20 Oct 10-11:30	Sleep & night-time parenting	Reload Cafe, at Balance Collective, Mayfield
Tues 4 Nov 10-11:30	Breastfeeding & work or study	Carrington Community Centre, Carrington
Sat 8 Nov TBA	End of year regional celebration	TBA (please see website or email for details)
Tues 18 Nov 10-11:30	Baby wearing	Gregson Park, Steel Street, Hamilton
Tues 9 Dec 10-11:30	Breastfeeding & summer celebrations	Carrington Community Centre, Carrington
Wed 28 Jan 10-11:30	Volunteering with ABA	Sugar Valley Library Museum, Cameron Park
Tues 10 Feb 10-11:30	Toddler & new baby	Carrington Community Centre, Carrington
Tues 24 Feb 10-11:30	Self-care in early parenthood	Carrington Community Centre, Carrington
Tues 10 Mar 10-11:30	Breastfeeding older babies	Carrington Community Centre, Carrington
Tues 24 Mar 10-11:30	Breastfeeding & family foods	Carrington Community Centre, Carrington

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!

Newcastle group contact details

newcastle@
breastfeeding.asn.au

Jamie 0435 992 632

Breast pump hire
Eliza 0447 398 500

**Live in Lake Macquarie or the
Hunter Valley? Looking for your
local meet-up, wherever you are?**
Use the QR code below to find your
local group!



 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.