

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.

More support for all stages is available at ABA's **breastfeeding.asn.au**, using the **mum2mum** app, calling the **National Breastfeeding Helpline 1800 686 268** and texting the ABA **LiveChat** service.

Want to take a class? ABA offers expectant parents the ABA **Breastfeeding Preparation Session** live education webinar – **save with our local group \$35 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



Australian
Breastfeeding
Association

FREE INFO KIT

SIGN UP FOR
RESOURCES



BREASTFEEDING PREPARATION SESSION

ANTENATAL CLASS
TAS RESIDENTS CLAIM
\$35 CASHBACK
FROM ABA LOCAL GROUP

BREAST PUMP HIRE

PICKUP
SOUTH HOBART



CONTACT US

Tate • 0438 358 083 | Group leader

Linda • 0402 241 309 | Breast pump hire

Jo • 0417 057 423

Lynne • 0418 328 306

Elisabeth • 0439 384 986

✉ abahobartws@gmail.com

🌐 aba.asn.au/hobartandsurrounds

📷 [ozbreastfeedingtas](https://www.instagram.com/ozbreastfeedingtas)

📘 ABA Hobart and Surrounds Group

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



Australian
Breastfeeding
Association

Local group and online services

Pregnant

Breastfeeding

Parenting

We're here for you

Hobart and Surrounds

JANUARY – JUNE 2026



Breastfeeding
preparation session



Local catch-ups



Breast pump hire



aba.asn.au/hobartandsurrounds

Parenting village dates for your calendar



Australian
Breastfeeding
Association

JANUARY – JUNE 2026

Venue locations
all with free onsite parking

South Hobart

The Rivulet Cafe

C3 Convention Centre
64 Anglesea St, South Hobart
Cross the bridge and turn left

Howrah

Howrah Community Centre

11 Howrah Rd, Howrah
Find us in the Sunshine Room

Woodbridge

West Winds Community Centre

3528 Channel Hwy, Woodbridge
Find us in the Art Lounge (Hall)

Breastfeeding Preparation Session

To take an ABA breastfeeding education class, see over and register for an online

Breastfeeding Preparation Session

Claim **\$35 cashback** after booking in
Simply email proof of payment to:

abahobartws@gmail.com

Visit our webpage for more information:



breastfeeding.asn.au

Find the latest local ABA news on Instagram **@ozbreastfeedingtas** and on Facebook at, '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 policies and position statements.*

Date	Where	Time	Catch-up
Mon Jan 19	South Hobart	10.30am–12.30pm	Coffee morning – The Rivulet Cafe
Sat Jan 31	Woodbridge	10.30am–12.30pm	Back care during pregnancy and breastfeeding Guest speaker* – West Winds Community Centre
Fri Feb 6	Howrah	10am–12pm	Your milk supply – downs and ups Howrah Community Centre
Mon Feb 16	South Hobart	10.30am–12.30pm	Coffee morning – The Rivulet Cafe
Mon Feb 23	Cornelian Bay	10am–11.30am	Pram walk
Fri Mar 6	Howrah	10am–12pm	Baby massage Guest speaker* – Howrah Community Centre
Mon Mar 16	South Hobart	10.30am–12.30pm	Coffee morning – The Rivulet Cafe
Sat Mar 28	Woodbridge	10.30am–12.30pm	Coffee morning – West Winds Community Centre
Fri Apr 10	Howrah	10am–12pm	Expressing and returning to work Howrah Community Centre
Mon Apr 20	South Hobart	10.30am–12.30pm	Coffee morning – The Rivulet Cafe
Mon Apr 27	Bellerive	10am–11.30am	Pram walk
Fri May 1	Howrah	10am–12pm	Sleep Howrah Community Centre
Mon May 18	South Hobart	10.30am–12.30pm	Coffee morning – The Rivulet Cafe
Sat May 30	Woodbridge	10.30am–12.30pm	Coffee morning – West Winds Community Centre
Fri Jun 5	Howrah	10am–12pm	Introducing solids and allergies Guest speaker* – Howrah Community Centre
Mon Jun 15	South Hobart	10.30am–12.30pm	Coffee morning – The Rivulet Cafe