

Lake Macquarie 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
Wed 29 Oct 10-11:30	Toddler & new baby	Mums' Cottage, 29 St Helen Street, Holmesville
Wed 5 Nov 10-11:30	Chat & play	Warner Park Playground, 1 John St, Warners Bay
Sat 8 Nov TBA	End of year regional celebration	TBA (please see website for details)
Wed 26 Nov 10-11:30	Supply - too much/too little?	Mums' Cottage, 29 St Helen Street, Holmesville
Wed 3 Dec 10-11:30	Chat & play	Warner Park Playground, 1 John St, Warners Bay
Wed 28 Jan 10-11:30	Volunteering with ABA	Sugar Valley Library Museum, Cameron Park
Wed 4 Feb 10-11:30	The early weeks	Mums' Cottage, 29 St Helen Street, Holmesville
Wed 25 Feb 10-11:30	Chat & play	Warner Park Playground, 1 John St, Warners Bay
Wed 4 Mar 10-11:30	Expressing & storing breastmilk	Mums' Cottage, 29 St Helen Street, Holmesville
Wed 25 Mar 10-11:30	Breastfeeding and family foods	Warner Park Playground, 1 John St, Warners Bay

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 contact
& breast pump hire**
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Newcastle Group
events and information



Lower Hunter Group
events and information



Upper Hunter Group
events and information

