

Lower Hunter 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 3 Nov 10-11:30	Chat & play	Rose Point Park, Singleton
Sat 8 Nov TBA	End of year regional celebration	TBA (please check website for details)
Fri 14 Nov 9:30-11	Breastfeeding through illness	Honest Vine Cafe, 3 Garnett Rd, East Maitland
Mon 1 Dec 10-11:30	Chat & play	Rose Point Park, Singleton
Mon 5 Jan 10-11:30	Chat & play	Rose Point Park, Singleton
Fri 16 Jan 9:30-11	Breastfeeding in heat waves & emergencies	Honest Vine Cafe, 3 Garnett Rd, East Maitland
Wed 28 Jan 10-11:30	Volunteering with ABA	Sugar Valley Library Museum, Cameron Park
Mon 2 Feb 10-11:30	Chat & play	Rose Point Park, Singleton
Mon 2 Mar 10-11:30	Chat & play	Rose Point Park, Singleton
Fri 13 Mar 9:30-11	Support through breastfeeding	Honest Vine Cafe, 3 Garnett Rd, East Maitland

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!

Lower Hunter Group

lowerhunter@
breastfeeding.asn.au

Carly 0434 392 188

Breast pump hire
Natalie 0435 727 343

Live in Newcastle or Lake Macquarie? 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.