

## Tas Central Coast Group

The Tas Central Coast Group of the Australian Breastfeeding Association (ABA) generally **meet face-to-face fortnightly** (except in April this year – 3 week break).

**All are welcome** at our local activities—a great way to connect with other mothers! **Introductory membership to ABA is FREE** and you don't need to have a problem or be breastfeeding to come along. We talk about all sorts of things to do with being a mum and looking after children. Babies and children, partners and other support people are also welcome! Our meet-ups are led by trained volunteers and include informal discussions as well as guest speakers.

### Why not check us out? You can also:

- Get your breastfeeding questions answered
- Share your experiences
- Make friends and have fun
- Help other mums
- Be accepted and encouraged (including care and support when breastfeeding doesn't work out).

## Having a baby? Take ABA's class



ABA offers expectant parents the ABA Breastfeeding Preparation Session live education webinar – scan the code to register and **save** with our local group **\$35 cashback** offer. To claim, book your class online, then send proof of payment and your bank details to: [tana.mcmullen@breastfeeding.asn.au](mailto:tana.mcmullen@breastfeeding.asn.au)  
FIFO couples can individually join the same class from different locations.

## Breastfeeding information and supports

Talk to a **local** breastfeeding counsellor:

- face-to-face at a local group event or
- by phone:

**Tana** – 0428 204 076 (**Group Leader**)

**Marion** – 0409 899 136  
(Breast Pump Hire)

**Suzanne** – 6437 2462

Or go to our website:

**[breastfeeding.asn.au](http://breastfeeding.asn.au)**  
(includes Livechat)



Daytime: 12.00 p.m. – 2.00 p.m.

Mondays, Wednesdays and Fridays

Evening: 8.00 p.m. – 10.00 p.m. weeknights

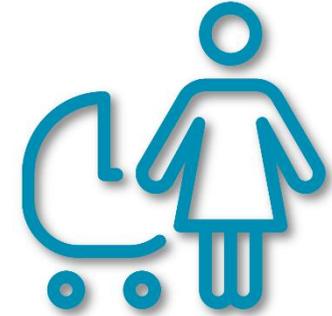
(Livechat is closed on public holidays.s)

Or call our 24-hour 7-day

**National Breastfeeding Helpline:**



## Babies, mothering, breastfeeding



### Ulverstone-Penguin area mums' group activities:



### January – June 2026



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

## TAS CENTRAL COAST MUMS' GROUP ACTIVITIES (JANUARY – JUNE 2026)

WHEN	TIME	WHAT'S ON	WHERE
Friday, 16 January	10.00 a.m. – 12.00p.m.	Pram Walk and Café Catch-up	Starting at the car park near Camp Clayton, Turner's Beach and walking to The Berry Patch, <b>Turner's Beach</b>
Friday, 30 January	10.00 a.m. – 12.00 p.m.	Pram Walk and Talk and picnic (meet at No. 34 Alexandra Road, Ulverstone if the weather is bad)	Starting near the Beach Hut Coffee (café near the waterslide), Beach Road, <b>Ulverstone</b>
Friday, 13 February	10.00 a.m. – 12.00 p.m.	Info and Chat- 'Returning to work and breastfeeding'	Multi-purpose Room, No. 34 Alexandra Road, <b>Ulverstone</b> (Aboriginal Health Service)
Friday, 27 February	10.00 a.m. – 12.00 p.m.	Pram Walk and Talk (meet at Marion Storm café at the Maritime Museum, 6 Gloucester Avenue, Devonport if the weather is bad)	Starting near the car park near The Bluff, <b>Devonport</b> and walking towards the Bluff
Friday, 13 March	10.00 a.m. – 12.00 p.m.	Info and Chat – 'Your pregnant and postnatal body' - Guest Speaker*	No. 34 Alexandra Road, <b>Ulverstone</b>
Friday, 27 March	10.00 a.m. – 12.00 p.m.	Pram Walk and Talk (meet at Tana's home, Penguin, if the weather is bad – details sent closer to the date)	Starting near the skate park/boat ramp car park, Beach Road, <b>Penguin</b> and walking to Hiscutt Park
		<b>No events due to Easter/holidays</b>	
Friday, 17 April	10.00 a.m. – 12.00 p.m.	Info and Chat – 'Breastfeeding beyond 12 months'	No. 34 Alexandra Road, <b>Ulverstone</b>
Friday, 1 May	10.00 a.m. – 12.00 p.m.	Catch-up	No. 34 Alexandra Road, <b>Ulverstone</b>
		<b>National Mothering Week – 4-10 May</b>	
Friday, 15 May	10.00 a.m. – 12.00 p.m.	Info and Chat – 'Feeding patters – what's normal?'	No. 34 Alexandra Road, <b>Ulverstone</b>
Friday, 29 May	From 7.30pm	Dessert Night	To be advised
Friday, 12 June	10.00 a.m. – 12.00 p.m.	Info and Chat – 'BYO breastfeeding questions or concerns'	No. 34 Alexandra Road, <b>Ulverstone</b>
Friday, 26 June	10.00 a.m. – 12.00 p.m.	Catch-up	No. 34 Alexandra Road, <b>Ulverstone</b>

\*This presentation may include information which is not in accordance with ABA policies and position statements.

Please consider the health of others and stay home if you, or anyone in your household, are unwell. We will see you next time and in the meantime, please access our free online or telephone services.

**Thank you** to Senator Jacqui Lambie and her office for the photocopying of these diary dates to support ABA.

ABA is not affiliated with any political party or religious group.



facebook.com/tascentralcoastaba

To access additional parenting webinars and online support services, including premium mum2mum app content and training opportunities you can upgrade your **FREE Introductory Membership** to a **Virtual Village** or **Virtual Village Plus membership**. Please go to: <https://www.breastfeeding.asn.au/memberships> for further information.

As we are a volunteer not-for-profit organisation, we rely on membership subscriptions (and some grants, donations and fundraising) to continue our services in the community.

If you are having a 'good' day, please bring a small plate of morning tea to share at our face-to-face events. If it's not a good day, please come along anyway and receive some support and socialising! We are happy to share 😊 and please let any worry go if you are running late, we are glad to see you whenever you arrive!