

## Benefits of Membership

New members receive a copy of our best-selling book *Breastfeeding ...a practical guide*, to help answer the questions every parent has (RRP \$29.95 digital or \$44.95 paperback)



**Newborn Virtual village:** Meet other new parents online for support and tips in the early days and weeks

**Mum2Mum app:** Exclusive content available to members

**Live Chat:** Priority access to online chat through the website with a trained counsellor or educator from Monday to Friday 12-2pm and 8-10pm

**Essence Magazine:** Published every 3 months, it is packed with the latest breastfeeding information and interesting articles

**Member eNewsletter:** Have the latest news, information and special offers from the Australian Breastfeeding Association emailed directly to you

**Savings:** Members save up to 50% when they hire a breast pump through their local group and 60% discount on antenatal breastfeeding classes

**Become a member today.....**

Subscribe at [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

\$90 Virtual Village membership (\$55 conc)

\$125 Virtual Village Plus (+an online Breastfeeding Preparation Session (\$75 conc)

\$140 - 2-year Virtual Village membership

ABA Helpline is supported by funding from the Australian Government



The Australian Breastfeeding Association (ABA) is Australia's largest breastfeeding information and support service.

Breastfeeding is a practical, learned skill, and ABA helps more than 80,000 mums each year via the ABA helpline, live chat service and with dedicated groups to help and support mums.

### BREAST PUMP HIRE

Did you know that our group has hospital grade electric breast pumps for hire?

For expert support, counselling and to get the most out of pumping contact our Breast Pump Hire Officers:

**Sale: Angela 0412 725 727**

**Sale: Jen 0401 062 388**

**Bairnsdale: Beth 0451 726 024**

**Latrobe Valley: Renee 0408 587 553**

**Phillip Is/Bass Coast: Kristine 0407 708 370**  
*or \*book online\**



# Australian Breastfeeding Association



## Calendar of Events

### Gippsland Group

**Jan - April 2026**



[facebook.com/ABAGippsland](https://facebook.com/ABAGippsland)

[aba.gippsland@gmail.com](mailto:aba.gippsland@gmail.com)

[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

## Our Meet Ups

To connect directly with us in Gippsland – *Information & Chat* sessions are led by a

breastfeeding counsellor, breastfeeding educator, or invited guest, with discussions on specific topics, either face to face or online.

A great way to increase your breastfeeding knowledge; and your shared experience may make the difference to another mother.

*Cuppa & Chat* mornings, park plays, and walks are more informal chances to get-together. Take some time out for yourself and meet other mothers.

### What to Bring?

You are welcome to bring along your baby, toddler, and your older children; you may like to bring a packed ‘play lunch’ for them, and please remember to supervise them at our venues. Hats, sunscreen, and mosquito repellent are recommended for outside play/park walks.

We understand how daunting it can be to walk into a room full of strangers, so support people are welcome too. Come as you are and remember we invite you to arrive at our meets whenever ‘motherly’ possible.

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Thank you to Swee Lim at FES Services for Test and Tagging our breast pumps.  
“Supporting us to support you”



Swee Lim  
0439 349 014  
[info@fes.services](mailto:info@fes.services)

Supply and testing of fire equipment, smoke alarm service & testing, microwave leakage testing and electrical equipment Test & Tagging.

## Meet-ups are on again!

**Mirboo North** 2nd Wed each month

Times & dates per month will vary according to volunteer availability in **Stratford & Warragul**

Event details are posted in the calendar section of our local group page, within the

Australian Breastfeeding Association website, on our Facebook pages, and in reminder emails to ABA members.

Breastfeeding Education Classes are planned for **Bairnsdale**

### Locality volunteers

**Angela, Jen, Megan, Madeleine** - Sale/Maffra  
**Renee** - LaTrobe Valley  
**Cate** - Bairnsdale  
**Beth** - Lakes Entrance  
**Agnes** - Bonang  
**Kristine** - Bass Coast/Phillip Island



Gippsland Group volunteers appreciate the support of the **Wellington Shire** to attend ABA's Victorian Branch Conference 2026

Email: [aba.gippsland@gmail.com](mailto:aba.gippsland@gmail.com)



## Online Resources

Check our public Facebook page  
[ABA Gippsland](#)

We also have a private  
[ABA Gippsland Discussion Group](#)  
where you can ask questions of other mums

Download the new ABA [Mum2Mum app](#)

Listen to ABA's [podcast](#)

You can also access more information on the  
[ABA website](#)

- Includes a fantastic volume of evidence-based information
- Education booklets for purchase
- Access the Live Chat service
- Discover your local group
- ***Find out about Breastfeeding Courses***
- ***BELs online and BECs offered locally in 2026!***