

# Local Catch-Ups

Blue Mountains Group

**February - June '26**

All mothers and family members welcome for a cuppa, chat and free breastfeeding support. RSVP via Facebook or email us at [bluemountainsgroup@breastfeeding.asn.au](mailto:bluemountainsgroup@breastfeeding.asn.au)



**Tues 10 February 10am** Connect & Share: Expressing + Storing @ Springwood Hub

**Tues 10 March 10am** Connect & Share: Slings and Baby Carriers @ Springwood Hub

**Tues 14 April 10am** Walk & Talk : Pram friendly walk  
South Lawson Park, Wilson St, Lawson

**Tues 12 May 10am** Connect & Share: Milk Supply: Is My Baby Getting Enough? @ Springwood Hub

**Tues 16 June 10am** Connect & Share: Birth Stories @ Springwood Hub



Australian  
Breastfeeding  
Association



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