

Hawkesbury/Nepean group

Local Catch-Ups

January to June 2026

All mothers, parents, and family members welcome for free breastfeeding support.
Please RSVP via Facebook or email us at hawkesburynepean@gmail.com.

Monday 5th January, 10am at Brooks in Jordan Springs

Hosted by Vanessa - 0413111261

Cuppa & Chat

Monday 19th January, 10am at Laughin' Boy in Emu Plains

Hosted by Nicole - 0413726513

Cuppa & Chat

Friday 6th February, 10am at The Log Cabin in Penrith

Hosted by Peta - 0404024849

Cuppa & Chat

Monday 23rd February, 10am at Warami Community Centre in Penrith

Hosted by Mel & Vanessa - 0413111261

Info & Chat: Introducing Solids

Friday 6th March, 10am at Brooks in Jordan Springs

Hosted by Peta - 0404024849

Cuppa & Chat

Monday 23rd March, 10am at Warami Community Centre in Penrith

Hosted by Nicole - 0413726513

Info & Chat: Combining Breastfeeding and Work

Friday 10th April, 10am at The Orchard in Jamisontown

Hosted by Peta - 0404024849

Cuppa & Chat

Monday 20th April, 10am at Warami Community Centre in Penrith

Hosted by Vanessa - 0413111261

Info & Chat: The Top-Up Spiral and How to Avoid It.

Friday 8th May, 10am at The Daily Break in Glenmore Park

Hosted by Peta - 0404024849

Cuppa & Chat

Monday 25th May, 10am at Warami Community Centre in Penrith

Hosted by Nicole - 0413726513

Info & Chat: Breastfeeding - Comfort and Connection

Friday 12th June, 10am at The Log Cabin in Penrith

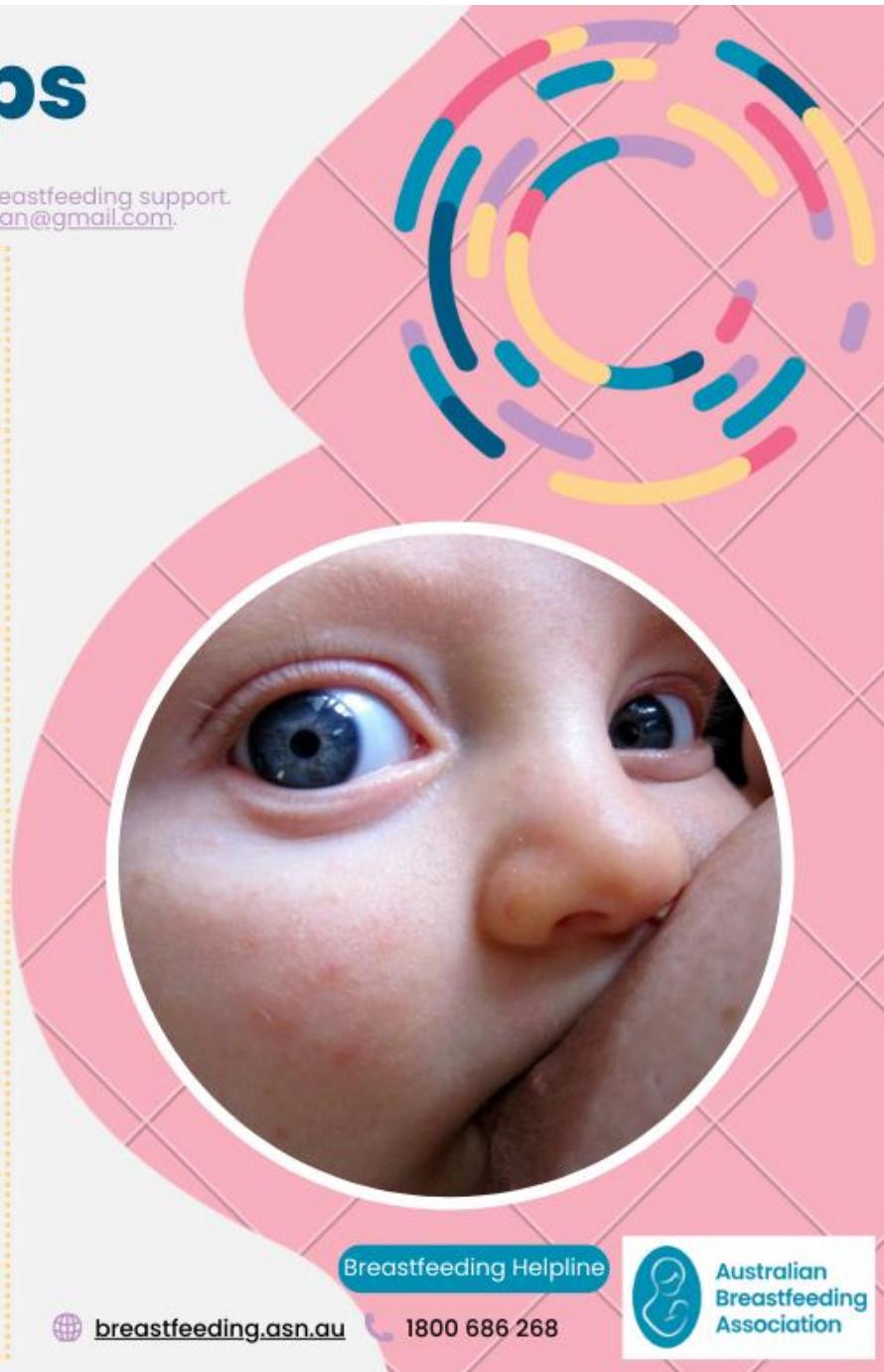
Hosted by Peta - 0404024849

Cuppa & Chat

Monday 29th June, 10am at Warami Community Centre in Penrith

Hosted by Nicole J - 0419273181

Guest Speaker: Baby and Toddler First Aid



Breastfeeding Helpline

 breastfeeding.asn.au

1800 686 268



Australian
Breastfeeding
Association