

Membership

The Australian Breastfeeding Association offers a free introductory membership which renews each time you register your attendance at a group meeting.

Our paid membership offerings include:

- **Virtual Village** for new and expectant mums
- **Virtual Village Plus** just like Virtual Village but with an ante-natal workshop added in – either in person or online
- **Friends of ABA** for people who support our mission
- **Gift Membership** to give to a new or expectant mum
- **Professional** for health professionals to receive our Breastfeeding Review journal and professional development presentations and more
- **Volunteer** for the members who write bulletins, staff the 24 hour Breastfeeding Helpline, review our articles and booklets regularly, keep our social media presence ticking along and so much more!

breastfeeding.asn.au/memberships

Breastfeeding Helpline

Looking for some support? Or just need someone to listen?

Call 1800 mum 2 mum (1800 686 268)

Free, 24 hours a day, 7 days a week

Contact

Group Leader: Veronica Brandt

📞 0407 887 637

✉️ bluemountainsgroup@breastfeeding.asn.au

🌐 breastfeeding.asn.au

FACEBOOK facebook.com/ABAbluemountains

INSTAGRAM instagram.com/ababluemountains

Thanks

Thank you to the Blue Mountains City Council for the grant to provide meetings via the Community Assistance Program.



**Australian
Breastfeeding
Association**

Blue Mountains Group

February – June 2026



Breast Pump Hire

Did you know that our local group has four hospital grade Ardo Carum pumps available to hire?

ABA Members receive a 50% discount on the weekly hire fees.

Ring Veronica 0407 887 637 for availability or further information.

breastfeeding.asn.au/hire-breast-pump



Dates for your Diary

all events at **10am**

Tues 10 Feb Expressing and Storing Breastmilk
— all about pumps @ Springwood Hub

Tues 10 Mar Baby Carriers — bring what you have @ Springwood Hub

Tues 14 Apr Pram walk South Lawson Park, Wilson St, Lawson

Tues 12 May Milk Supply — Is my baby getting enough? @ Springwood Hub

Tues 9 June Birth Stories @ Springwood Hub

RSVP: Veronica 0407 887 637 or via the event listing on the ABA Nepean Blue Mountains Region group on Facebook or via email to bluemountainsgroup@breastfeeding.asn.au.

We meet at Springwood Hub Meeting Room 1, right near Springwood Library, thanks to a Community Grant from Blue Mts City Council.



Our Vision

The Australian Breastfeeding Association's (ABA) vision for society is that breastfeeding is recognised as important by all Australians and is culturally normal.

Our Mission

As Australia's leading authority on breastfeeding, ABA supports, educates and advocates for a breastfeeding inclusive society.

mum2mum app

Our mum2mum app provides you with all the breastfeeding information and support you need at your fingertips.

Look for the ABA mum2mum app on Android or iPhone.

