



# Lismore Group Diary Dates

January-June 2026

We welcome all mothers, their babies and young children, and their support people.

We operate on baby time - so just arrive when you can.

You don't need to have breastfeeding concerns and you don't need to be breastfeeding.

*Discussion topics are just conversation starters.*

*We are always happy to discuss any breastfeeding questions or concerns.*

Date	Time	Event Type	Details	Location
Thursday 8 Jan	10:00am	Connect & Share	Breastfeeding Q&A	Lismore Library
Thursday 12 Feb	10:00am	Connect & Share	Breast and nipple issues - cracks, inflammation and mastitis	Lismore Library
Saturday 28 Feb	9.30am- 12.30pm	Breastfeeding Preparation Class	Planning to Breastfeed? Prepare to SUCCEED! <i>Details <a href="mailto:abalismore@gmail.com">abalismore@gmail.com</a></i>	Lismore Details on registration
Thursday 12 Mar	10:00am	Connect & Share	Food fun - starting solids at 6 months	Lismore Library
Thursday 9 Apr	10:00am	Connect & Share	Park setting - picnic and chat	venue to be confirmed
4-10 May		<b>National Mothering Week</b> <i>Order ABA roses - <a href="#">Mother's Love, Little Ray of Sunshine, Endless Love</a></i>		Across Australia
Friday 8 May	6:00pm	Dinner & Chat	Celebrating Mothers - a night out	Northern Rivers Hotel
Thursday 14 May	10:00am	Connect & Share	Mothers matter - making time for you	Lismore Library
Thursday 11 Jun	10:00am	Connect & Share	Breastfeeding while working, studying or volunteering	Lismore Library
Saturday 20 June	9.30am- 12.30pm	Breastfeeding Preparation Class	Planning to Breastfeed? Prepare to SUCCEED! <i>Details <a href="mailto:abalismore@gmail.com">abalismore@gmail.com</a></i>	Lismore Details on registration

Venue information and details of other activities are found on our Lismore Group webpage.

See our calendar at [www.breastfeeding.asn.au/group/lismore-group-nsw#calendar](http://www.breastfeeding.asn.au/group/lismore-group-nsw#calendar).

Follow us on facebook to find out about all our group activities [www.facebook.com/aba.lismore/](http://www.facebook.com/aba.lismore/)

***Can't make it to these events but would like to be part of the breastfeeding community?***

- ◆ Join an online gathering. See [www.breastfeeding.asn.au/calendar-online](http://www.breastfeeding.asn.au/calendar-online)

***Want more information on any breastfeeding topic?***

- ◆ Call the 24/7 National Breastfeeding Helpline on 1800 686 268
- ◆ Visit [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au) and use the search box. Check our podcasts too!
- ◆ Use LiveChat 8-10pm (AEST/AEDT) Mon-Fri [www.breastfeeding.asn.au/livechat](http://www.breastfeeding.asn.au/livechat)
- ◆ Download our ABA phone app mum2mum - free from all phone stores.