

Lower Hunter ABA Group April - Oct 2026 Calendar



**Australian
Breastfeeding
Association**

Date	Topic	Location
Saturday 11th April 1pm - 4:30pm	Breastfeeding Education Class <i>**Paid class, see website**</i>	Sugar Valley Library Museum, Cameron Park
Tuesday 5th May 10am - 11:30am	Connect & Share - Sleep and night time parenting	Townhead Park Cafe, Singleton/ location may change
Friday 8th May 10am - 11:30am	National Mothering Week	Central Park Cafe, Maitland Visitor Information Centre, 101 High St, Maitland
Tuesday 2nd June 10am - 11:30am	Connect & Share - The crying baby	Cessnock LGA area - TBC
Tuesday 7th July 10am - 11:30am	Connect & Share - Breastfeeding anytime, anywhere	Townhead Park Cafe, Singleton/ location may change
Friday 24th July 10am - 11:30am	World Breastfeeding Week	Maitland Art Gallery, Seraphine Cafe, 230 High St, Maitland
Monday 1st August 10am - 11:30am	World Breastfeeding Week Events TBA	
Tuesday 8th September 10am - 11:30am	Connect & Share - Preparing for emergencies with a baby	Cessnock LGA area - TBC
Friday 18th September 10am - 11:30am	Chat and Play	Central Park Cafe, Maitland Visitor Information Centre, 101 High St, Maitland

Interested in Volunteering with ABA? Find out more at breastfeeding.asn.au/volunteering and register for a webinar:
15 April, 21 May, 24 June, 28 July, 2 September

Please check for changes of date/venue on our Calendar or Facebook page

All are welcome!

Whether awaiting the arrival of your first baby, breastfeeding or bottle feeding – all mothers, fathers, children, support people & friends are invited.

Meet-ups are informal and, even when topics are set, there are always opportunities to discuss other topics of interest, in a group or individually with a volunteer!

Lower Hunter Group

lowerhunter@
breastfeeding.asn.au

Carly 0434 392 188

Breast pump hire
Natalie 0435 727 343

Live in Newcastle or Lake
Macquarie? Looking for your local
meet-up, wherever you are? Use
the QR code below to find your
local group!



follow us on Facebook for event details
and updates @ **Australian Breastfeeding
Association**
Newcastle/Hunter Region

1800mum2mum
Breastfeeding Helpline 1800 686 268
breastfeeding.asn.au

The National Breastfeeding Helpline is supported by funding from the Australian Government.