

# Newcastle ABA Group

## 2026 April – Sept Calendar



**Australian  
Breastfeeding  
Association**

Date	Topic	Location
<b>Sat 11 Apr</b> 1-4:30	Breastfeeding Education Class <i>**Paid class, see website**</i>	Sugar Valley Library Museum, <b>Cameron Park</b>
<b>Tues 28 Apr</b> 10-11:30	All about supply	Carrington Community Centre, <b>Carrington</b>
<b>Tues 12 May</b> 10-11:30	Celebrating motherhood	Carrington Community Centre, <b>Carrington</b>
<b>Tues 26 May</b> 10-11:30	Chat & play	Gregson Park, Steel Street, <b>Hamilton</b>
<b>Tues 9 Jun</b> 10-11:30	Feeding patterns - what's normal?	Carrington Community Centre, <b>Carrington</b>
<b>Tues 23 Jun</b> 10-11:30	Sleep & nighttime parenting	Carrington Community Centre, <b>Carrington</b>
<b>Tues 28 Jul</b> 10-11:30	Returning to work or study	Carrington Community Centre, <b>Carrington</b>
<b>Tues 11 Aug</b> 10-11:30	World Breastfeeding Week	Carrington Community Centre, <b>Carrington</b>
<b>Tues 25 Aug</b> 10-11:30	Breastfeeding and intimacy	Carrington Community Centre, <b>Carrington</b>
<b>Tues 8 Sept</b> 10-11:30	Breastfeeding and family foods	Carrington Community Centre, <b>Carrington</b>
<b>Tues 22 Sept</b> 10-11:30	Debunking myths & social media trends	Carrington Community Centre, <b>Carrington</b>

### 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!

### Newcastle group contact details

newcastle@  
breastfeeding.asn.au

Jamie 0435 992 632

**Breast pump hire**  
Eliza 0447 398 500

Live in Lake Macquarie or the  
Hunter Valley? 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.