



BONDI JUNCTION GROUP MEETINGS

THURSDAY 23 APRIL 10 am – 12 noon	Sleep & My Breastfed Baby Why won't my baby sleep? Why do they wake up so soon? So many sleep questions you want answers to. Come along to find out the answers.
THURSDAY 14 MAY 10 am – 12 noon	Celebrating National Mothering Week Come along and be pampered with a relaxing shoulder massage and a delicious morning tea.
THURSDAY 28 MAY 10 am – 12 noon	Our Mental Health in the Digital Age Clinical Psychologist, Emily, will talk about looking after our mental and emotional health and how to navigate the effects of social media.
THURSDAY 11 JUNE 10 am – 12 noon	Circle of Security Parenting Join Dympna for an introduction to this attachment-based method where you'll gain insight into your child's emotional needs and take away practical strategies to strengthen your relationship and your child's sense of security.
THURSDAY 25 JUNE 10 am – 12 noon	Breastfeeding Challenges Join us to discuss the many reasons your baby may be unsettled, what you can do to comfort them and strategies to help you cope when it all seems too much.

Bondi Junction Group meetings are held at the **WAIROA COMMUNITY CENTRE HALL** located next to the Early Childhood Health Centre on the corner of Wairoa Avenue and Brighton Boulevard in North Bondi.
For more information and to RSVP, SMS Kristy on 0414 977 968
or email ababondijunction@gmail.com

RANDWICK GROUP MEETINGS

THURSDAY 2 APRIL THURSDAY 7 MAY THURSDAY 4 JUNE 10 am – 12 noon	Chat, Play & Breastfeeding Questions Answered An ABA breastfeeding counsellor will be joining the Jacaranda Women's Hub Mums and Bubs Playgroup to answer any breastfeeding questions. Note: This venue is for women only with pregnant mums and female support people and friends welcome.
---	---

Randwick Group meetings are held at the **JACARANDA WOMEN'S HUB** located at 1A Dalley Avenue in Pagewood.
For more information and to RSVP, SMS Leila on 0415 286 840

The ABA would love to welcome you to any of our events which are free to attend

To find out about ABA's free introductory membership or full membership go to
www.breastfeeding.asn.au/memberships