

About Us

The Australian Breastfeeding Association provides evidence-based breastfeeding and parenting information and support available to all mothers and parents.

Support for all stages is available at breastfeeding.asn.au, the **mum2mum** app, calling the **Breastfeeding Helpline 1800 686 268**, our ABA **LiveChat** service, our free local activities and mums groups. Have your breastfeeding questions answered by ABA qualified peer supporters.

Want to take a class? ABA offers expectant parents the ABA **Breastfeeding Preparation Session** live education webinar – **save with our local group \$35 cashback offer**.

Join ABA's **Virtual Village** for additional parenting webinars and online support services, including premium **mum2mum** app content. Special book offer available locally.

In Tasmania the Australian Breastfeeding Association is supported by the Crown through the Department of Health



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



FREE INFO KIT
SIGN UP FOR
RESOURCES



**BREASTFEEDING
PREPARATION
SESSION**
ANTENATAL CLASS
TAS RESIDENTS CLAIM
\$35 CASHBACK
FROM ABA LOCAL GROUP

BREAST PUMP HIRE
PICKUP
SOUTH HOBART



CONTACT US

Tate • 0438 358 083 | Group leader

Linda • 0402 241 309 | Breast pump hire

Jess • 0408 799 508

Jo • 0417 057 423

Meg • 0413 906 634 (Woodbridge)

Lynne • 0418 328 306

Elisabeth • 0439 384 986

✉ abahobartws@gmail.com

🌐 aba.asn.au/hobartandsurrounds

📷 [ozbreastfeedingtas](https://www.instagram.com/ozbreastfeedingtas)

📘 **ABA Hobart and Surrounds Group**

A.B.N: 64 005 081 523 RTO: 21659



Mums group and online services

Pregnant

Breastfeeding

Parenting

We're here for you

**Hobart
and Surrounds**

JULY – DECEMBER 2026

**Breastfeeding
preparation session**

Local catch-ups

Breast pump hire



aba.asn.au/hobartandsurrounds

Parenting village dates for your calendar



Australian
Breastfeeding
Association

July – December 2026

Venue locations

all with free onsite parking

South Hobart

The Rivulet Cafe

C3 Convention Centre
64 Anglesea St, South Hobart
Cross the bridge and turn left

Howrah

Howrah Community Centre

11 Howrah Rd, Howrah
Find us in the Sunshine Room

Woodbridge

West Winds Community Centre

3528 Channel Hwy, Woodbridge
Find us in the Art Lounge (Hall)
To register your interest in pram walks or coffee mornings
please contact Meg on 0413 906 634

Special offers

Hobart and Surrounds group

Expectant parents, book an online ABA
Breastfeeding Preparation Session

See over to register online, then claim
\$35 cashback after booking your class –
simply email proof of payment to
abahobartws@gmail.com

In Tasmania, join ABA's **Virtual Village** and
claim a **print copy** of ABA's
guidebook,
Breastfeeding: a practical guide
from your local group.

SPECIAL OFFER DETAILS:



Date	Where	Time	Catch-up
Fri Jul 3	Howrah	10am-12 noon	Weaning – Howrah Community Centre
Mon Jul 20	South Hobart	10.30am-12.30pm	Coffee morning – The Rivulet Cafe
Wed Jul 22	Bellerive	7.30pm-9pm	Dessert evening – Bellerive Please RSVP to Tate on 0438 358 083
Fri Aug 7	Howrah	10am-12 noon	Learning through play Guest speaker* – Howrah Community Centre
Mon Aug 17	South Hobart	10.30am-12.30pm	Coffee morning – The Rivulet Cafe
Sat Aug 22	Woodbridge	10.30am-12.30pm	Introducing solids and allergies Guest speaker* – West Winds Community Centre RSVP essential – SMS 'Solids' to Meg on 0413 906 634
Fri Sep 4	Howrah	10am-12 noon	Women's pelvic floor in pregnancy and postpartum Guest speaker* – Howrah Community Centre
Mon Sep 14	Cornelian Bay	10am-11.30am	Pram walk
Mon Sep 21	South Hobart	10.30am-12.30pm	Coffee morning – The Rivulet Cafe
Fri Oct 2	Howrah	10am-12 noon	Baby and toddler massage Guest speaker* – Howrah Community Centre
Mon Oct 19	South Hobart	10.30am-12.30pm	Coffee morning – The Rivulet Cafe
Fri Nov 6	Howrah	10am-12 noon	Growing your family – Howrah Community Centre
Sat Nov 14	Woodbridge	10.30am-12.30pm	Common health concerns babies and toddlers Guest speaker* – West Winds Community Centre RSVP essential – SMS 'Health' to Meg on 0413 906 634
Mon Nov 16	South Hobart	10.30am-12.30pm	Coffee morning – The Rivulet Cafe
Fri Dec 4	Howrah	10am-12pm	Expressing and returning to work Howrah Community Centre
Mon Dec 14	South Hobart	10.00am-12.30pm	Pram walk (10am) / Coffee morning (from 10.30am) Rivulet Track / The Rivulet Cafe

The latest local ABA news is on Instagram [@ozbreastfeedingtas](https://www.instagram.com/ozbreastfeedingtas) and Facebook at, 'ABA Hobart and Surrounds Group'. All details correct at time of publication. As public health circumstances, guest speaker and venue availability are subject to change, we reserve the right to make alterations without notice.

*Guest speaker presentations may include information not in accordance with ABA policies and position statements.

breastfeeding.asn.au