

Tas Central Coast Group

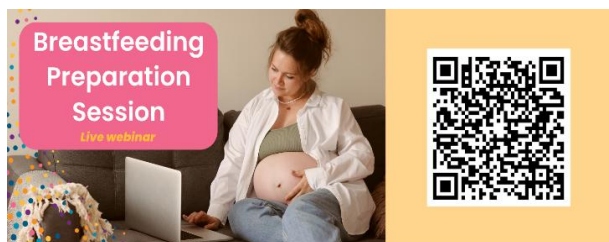
The Tas Central Coast Group of the Australian Breastfeeding Association (ABA) generally **meet face-to-face fortnightly**.

All are welcome at our local activities—a great way to connect with other mothers! **Introductory membership to ABA is FREE** and you don't need to have a problem or be breastfeeding to come along. We talk about all sorts of things to do with being a mum and looking after children. Babies and children, partners and other support people are also welcome! Our meet-ups are led by trained volunteers and include informal discussions as well as guest speakers.

Why not check us out? You can also:

- Get your breastfeeding questions answered
- Share your experiences
- Make friends and have fun
- Help other mums
- Be accepted and encouraged (including care and support when breastfeeding doesn't work out).

Having a baby? Take ABA's class



ABA offers expectant parents the ABA Breastfeeding Preparation Session live education webinar – scan the code to register and **save** with our local group **\$35 cashback** offer. To claim, book your class online, then send proof of payment and your bank details to: tana.mcmullen@breastfeeding.asn.au
FIFO couples can individually join the same class from different locations.

Breastfeeding information and supports

Talk to a **local** breastfeeding counsellor:

- face-to-face at a local group event or
- by phone:

Tana – 0428 204 076 (**Group Leader**)

Marion – 0409 899 136
(Breast Pump Hire)

Suzanne – 6437 2462

Sophie – 0431 377 674

Or go to our website:

breastfeeding.asn.au
(includes Livechat)



Daytime: 12.00 p.m. – 2.00 p.m.
Mondays, Wednesdays and Fridays
Evening: 8.00 p.m. – 10.00 p.m. weeknights
(Livechat is closed on public holidays.)

Or call our 24-hour 7-day
National Breastfeeding Helpline:



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

**Babies,
mothering,
breastfeeding**



**Ulverstone-Penguin area mums'
group activities:**



July – December 2026



TAS CENTRAL COAST MUMS' GROUP ACTIVITIES (JULY - DECEMBER 2026)

WHEN	TIME	WHAT'S ON	WHERE
Friday, 10 July	10.00 a.m. – 12.00p.m.	Info and Chat – 'Breast and nipple care'	Marion's home, Ulverstone (ph. 0409 899 136 for address details)
Friday, 24 July	10.00 a.m. – 12.00 p.m.	Catch-up	Callie's home, Natone (ph. 0409 899 136 for address details)
		World Breastfeeding Week 1-7 August	
Friday, 7 August	10.00 a.m. – 12.00 p.m.	Info and Chat – 'The early weeks'	Rural Health building (Cradle Coast Health Centre), 11 Alexandra Road, Ulverstone
Friday, 21 August	10.00 a.m. – 12.00 p.m.	Catch-up	No. 34 Alexandra Road, Ulverstone (Aboriginal Health Service)
Friday, 4 September	10.00 a.m. – 12.00 p.m.	Info and Chat – 'Early speech and language – how to best support your baby/child in the early years' (guest speaker*)	No. 34 Alexandra Road, Ulverstone
Friday, 18 September	10.00 a.m. – 12.00 p.m.	Catch-up	No. 34 Alexandra Road, Ulverstone
Friday, 2 October	10.00 a.m. – 12.00 p.m.	Info and Chat – 'Sleep – tips for night-time parenting and coping when baby is unsettled'	No. 34 Alexandra Road, Ulverstone
Friday, 16 October	10.00 a.m. – 12.00 p.m.	Catch-up	No. 34 Alexandra Road, Ulverstone
Friday, 30 October	From 7.30 p.m.	Dessert Night	To be advised
Friday, 13 November	10.00 a.m. – 12.00 p.m.	Info and Chat – 'Introducing solids'	No. 34 Alexandra Road, Ulverstone
Friday, 27 November	10.00 a.m. – 12.00 p.m.	Pram Walk and Talk (if the weather is kind)	To be advised
Friday, 11 December	10.00 a.m. – 12.00 p.m.	End of Year Celebration	To be advised

*This presentation may include information which is not in accordance with ABA policies and position statements.

Please consider the health of others and stay home if you, or anyone in your household, are unwell. We will see you next time and in the meantime, please access our free online or telephone services.

Thank you to Senator Jacqui Lambie and her office for the photocopying of these diary dates to support ABA.

ABA is not affiliated with any political party or religious group.



facebook.com/tascentralcoastaba

To access additional parenting webinars and online support services, including premium mum2mum app content and training opportunities you can upgrade your **FREE Introductory Membership** to a **Virtual Village** or **Virtual Village Plus membership**. Please go to: <https://www.breastfeeding.asn.au/memberships> for further information.

As we are a volunteer not-for-profit organisation, we rely on membership subscriptions (and some grants, donations and fundraising) to continue our services in the community.

If you are having a 'good' day, please bring a small plate of morning tea to share at our face-to-face events. If it's not a good day, please come along anyway and receive some support and socialising! We are happy to share 😊 and please let any worry go if you are running late, we are glad to see you whenever you arrive!