



Lismore Group Diary Dates

July-December 2026

We welcome all mothers, their babies and young children, and their support people.

We operate on baby time – so just arrive when you can.

You don't need to have breastfeeding concerns and you don't need to be breastfeeding to join us.

Come along to meet and make new friends.

Discussion topics are just conversation starters.

We are always happy to discuss any breastfeeding questions or concerns.

Date	Time	Event Type	Details	Location
Thursday 9 July	10:00am	Connect & Share	Breastfeeding Q & A	Lismore Library 110 Magellan St
1-7 Aug		World Breastfeeding Week <i>Breastfeeding for a Sustainable Start in Life: Strengthen What Works.</i> Visit www.breastfeeding.asn.au/world-breastfeeding-week-2026		Across Australia and the world
Thursday 13 Aug	10:00am	Connect & Share	Breastfeeding Support: What works for you and your baby?	Lismore Library 110 Magellan St
Thursday 10 Sep	10:00am	Connect & Share	Sleep and the breastfed baby	Lismore Library 110 Magellan St
Sunday 20 Sep	11:00am– 1:00pm	Family Picnic in the Park	Bring your family and a BYO spring picnic, plus hats and water.	Kadina Park, Goonellabah
Thursday 8 Oct	10:00am	Connect & Share	Breastmilk supply: too much, too little or just right	Lismore Library 110 Magellan St
Sat 24 Oct	9.30am– 12.30pm	In-person Breastfeeding Education Class	Planning to Breastfeed? Prepare to SUCCEED! <i>Details</i> abalismore@gmail.com	Lismore Details on registration
Thursday 12 Nov	10:00am	Connect & Share	Breastfeeding beyond 12 months	Lismore Library 110 Magellan St
Thursday 10 Dec	10:00am	Connect & Share	Baby wearing and baby massage	Lismore Library 110 Magellan St

Walk & Talk at Kadina Park, Goonellabah on the fourth Friday – 23/7 & 28/8 & 25/9 & 23/10 & 27/11

For details of this and other social activities please see our calendar at breastfeeding.asn.au/group/lismore-group-nsw#calendar.

Follow us on Facebook to find out about all our group activities facebook.com/aba.lismore/

Can't make it to these events but would like to be part of the breastfeeding community?

- ♦ Join an online gathering. See breastfeeding.asn.au/calendar-online

Want more information on any breastfeeding topic?

- ♦ Call the free confidential 24/7 National Breastfeeding Helpline on 1800 686 268
- ♦ Use LiveChat 8-10pm (AEST/AEDT) Mon-Fri breastfeeding.asn.au/livechat
- ♦ Download the ABA phone app **mum2mum** – free from all phone stores
- ♦ Visit breastfeeding.asn.au and use the search box. Check our podcasts too!