

CALENDAR OF EVENTS

July-December 2026

FREE EVENTS: babies, children, family, friends and supporters are always welcome.

JULY	THURS 9TH	Play ideas for babies/children.	North Lakes Community Centre	OCTOBER	THURS 1ST	Dinner &/or dessert evening 7pm. Come solo or bring your little ones!	Mango Hill Tavern Bistro
	THURS 23RD	Your Questions! Come for a cuppa and a chat.	Sparkes Café Club Pine Rivers		THURS 8TH	Sleeping like a baby-what's normal?	North Lakes Community Centre
AUGUST	THURS 13TH	Expressing & return to work/study.	North Lakes Community Centre		THURS 22ND	Your Questions! Come for a cuppa and a chat.	Sparkes Café Club Pine Rivers
	THURS 27TH	Your Questions! Come for a cuppa and a chat.	Sparkes Café Club Pine Rivers	NOVEMBER	THURS 12TH	Holidays, heat, alcohol & travel.	North Lakes Community Centre
SEPTEMBER	THURS 10TH	Guest Speaker-Speech Therapist-language stimulation through baby massage.	North Lakes Community Centre		THURS 26TH	Your Questions! Come for a cuppa and a chat.	Sparkes Café Club Pine Rivers
	THURS 24TH	Your Questions! Come for a cuppa and a chat.	Sparkes Café Club Pine Rivers	DECEMBER	THURS 10TH	End of year celebration picnic. Meet at shelter in the fenced playground area.	Pine Rivers Park Kremzow Rd Strathpine

REGULAR MEETING VENUES: PLEASE STAY HOME IF UNWELL

- ★ **North Lakes Community Centre:** Cnr The Corso & Endeavour Blvd (library building). Meeting Room 1.
- ★ **Club Pine Rivers: Sparkes Café** Sparkes Rd, Bray Park. We meet at the tables in front of playground.

Please don't worry if you are running a little late, we understand things don't always go to plan with young babies and children. Parking & pram friendly at all venues. Tea and coffee provided, please bring your own morning tea or a plate to share at North Lakes. We shout you a drink and food available at Sparkes Cafe.

2nd & 4th
THURSDAY
of each month
10am-12pm

AUSTRALIAN BREASTFEEDING ASSOCIATION

ALBANY CREEK-CABOOLTURE & SURROUNDS

www.breastfeeding.asn.au

The **Australian Breastfeeding Association (ABA)** is Australia's leading authority on breastfeeding. We support, educate and advocate for a breastfeeding inclusive society.

ABA offers a **FREE National Breastfeeding Helpline** that provides information and counselling services for everyone with breastfeeding related queries 24/7. *The National Breastfeeding Helpline receives funding from the Australian Government.*

ABA counsellors are volunteers who have completed a comprehensive training program and are mothers who have breastfed. They are available for questions or to discuss any concerns on helpline or at our events.

To **JOIN** go to www.breastfeeding.asn.au/membership

Our group and nearby North Brisbane group hold regular events to provide information and sharing of ideas and experiences on breastfeeding and parenting topics. These meet ups are a great opportunity for you to chat with other parents and develop new friendships. We also have parenting/ breastfeeding books that members can borrow.

For more info:

FACEBOOK: [@ABAAlbanycreek.Caboolture](https://www.facebook.com/ABAAlbanycreek.Caboolture)

WEB: www.breastfeeding.asn.au/local/qld/albany-creek-caboolture-and-surrounds-qld

EMAIL:

abaalbanycreektocaboolture@gmail.com

Breast Pump Hire: Our group hires hospital grade breast pumps. For contacts & more details: www.breastfeeding.asn.au/hire-breast-pump

Great reasons to join the Australian Breastfeeding Association:

- ★ Local ABA events-meet new friends and get your questions answered at local get-togethers run by trained breastfeeding counsellors/community educators.
- ★ Free 'Breastfeeding: a practical guide' eBook, everything you need to know from pregnancy through to weaning.
- ★ Unlimited access to online Virtual Village/Connect & Share sessions
- ★ Free access to the online resource 'The first 72 hours'.
- ★ Essence member magazine-every 3 months-share in the stories of other mums and gain up-to-date information on a range of breastfeeding and early parenting topics.
- ★ ABA mum2mum app-member access to all premium content in ABA's mum2mum app, including notifications sent straight to your device covering breastfeeding information pre-birth to 12 months of age.
- ★ 50% off breast pump hire-includes support from a trained breast pump hiring officer. Contact your local group for pump hire.
- ★ Monthly member e-Newsletter
- ★ Discount online or in person antenatal breastfeeding preparation session .

As a not-for-profit organisation, ABA is funded primarily by membership which enables us to continue our services in supporting and educating parents, health professionals and the community about breastfeeding.



Australian
Breastfeeding
Association

Breastfeeding Helpline
1800 mum 2 mum

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