

Lake Macquarie ABA Group

October 2026 – March 2027



**Australian
Breastfeeding
Association**

Date	Topic	Location
Wed 7 October 10-11:30	The early weeks	Mums' Cottage, 29 St Helen Street, Holmesville
Sat 17 October 1pm-4:30pm	Breastfeeding Education Class (bookings essential: see website for details)	Sugar Valley Library Museum, 156 Portland Drive, Cameron Park
Wed 21 October 10-11:30	Chat & play	Warner Park Playground, 1 John St, Warners Bay
Wed 4 November 10-11:30	Breastfeeding through the festive season	Mums' Cottage, 29 St Helen Street, Holmesville
Wed 18 November 10-11:30	Chat & play	Warner Park Playground, 1 John St, Warners Bay
	<i>Holiday break: we hope you have a safe and happy festive season!</i>	
Wed 3 February 10-11:30	Work and breastfeeding Mums	Mums' Cottage, 29 St Helen Street, Holmesville
Wed 17 February 10-11:30	Chat & play	Warner Park Playground, 1 John St, Warners Bay
Wed 10 March 10-11:30	Introducing family foods	Mums' Cottage, 29 St Helen Street, Holmesville
Wed 24 March 10-11:30	Chat & play	Warner Park Playground, 1 John St, Warners Bay

All are welcome!

Whether awaiting the arrival of your first baby, breastfeeding or bottle feeding – all mothers, fathers, children, support people & friends are invited.

Meet-ups are informal and, even when topics are set, there are always opportunities to discuss other topics of interest, in a group or individually with a volunteer!



follow us on Facebook for event details
and updates @ **Australian Breastfeeding
Association**
Newcastle/Hunter Region



1800mum2mum
Breastfeeding Helpline 1800 686 268
breastfeeding.asn.au

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

**Lake Mac Group contact
& breast pump hire**
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Newcastle Group
events and information



Hunter Group
events and information

