

Newcastle ABA Group

2026 Oct – 2027 Mar Calendar



**Australian
Breastfeeding
Association**

Date	Topic	Location*
Tues 20 Oct 10-11:30	Breastfeeding SOS: navigating breastfeeding challenges	Carrington Community Centre, Carrington
Tues 3 Nov 10-11:30	Sleep & night time parenting	Carrington Community Centre, Carrington
Tues 17 Nov 10-11:30	Breastfeeding beyond the first year	Carrington Community Centre, Carrington
Tues 1 Dec 10-11:30	Breastfeeding through summer & the festive season	Gregson Park, Hamilton
Tues 15 Dec 10-11:30	End of year celebration	Carrington Community Centre, Carrington
Tues 2 Feb 10-11:30	Chat & play	Gregson Park, Hamilton
Tues 16 Feb 10-11:30	Fussy babies	Carrington Community Centre, Carrington
Tues 2 Mar 10-11:30	Chat & play	Gregson Park, Hamilton
Tues 16 Mar 10-11:30	Breastfeeding & the early 'daze'	Carrington Community Centre, Carrington
Tues 30 Mar 10-11:30	Chat & play	Gregson Park, Hamilton

*Location subject to change in case of wet weather. Please check Facebook on the day for event updates.

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!

Newcastle group contact details

newcastle@
breastfeeding.asn.au

Jamie 0435 992 632

Breast pump hire
Eliza 0447 398 500

**Live in Lake Macquarie or the
Hunter Valley? Looking for your
local meet-up, wherever you are?**
Use the QR code below to find your
local group!



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.