### Meeting Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Tuesday 2nd May</strong></td>
<td>Glenecho</td>
<td>Looking after yourself: National Mothering week</td>
</tr>
<tr>
<td><strong>Tuesday 9th May</strong></td>
<td>Yackandandah</td>
<td><em>SPECIAL EVENT</em> Norrowing Week Luncheon @ Yackandandah Public Hall 12-3pm</td>
</tr>
<tr>
<td><strong>Tuesday 30th May</strong></td>
<td>Glenecho</td>
<td>‘Moments in Time’ – Celebrating togetherness</td>
</tr>
<tr>
<td><strong>Tuesday 13th June</strong></td>
<td>Yackandandah</td>
<td>Breastfeeding and older children</td>
</tr>
<tr>
<td><strong>Tuesday 27th June</strong></td>
<td>Louise’s Home – 0425707346</td>
<td>Challenges with breastfeeding</td>
</tr>
<tr>
<td><strong>Tuesday 11th July</strong></td>
<td>Glenecho</td>
<td>Craft activities (warm &amp; woolly), cuppa and chat</td>
</tr>
<tr>
<td><strong>Tuesday 18th July</strong></td>
<td>Yackandandah</td>
<td>Sleepy time</td>
</tr>
<tr>
<td><strong>Tuesday 25th July</strong></td>
<td>Glenecho</td>
<td>Travelling with children</td>
</tr>
<tr>
<td><strong>Tuesday 8th August</strong></td>
<td>Glenecho</td>
<td>World Breastfeeding Week</td>
</tr>
<tr>
<td><strong>Tuesday 22nd August</strong></td>
<td>Noreuil Park Playground (Next to Riverdeck Café)</td>
<td>‘Working together for the common good’ Park Play</td>
</tr>
<tr>
<td><strong>Tuesday 5th Sept</strong></td>
<td>Glenecho</td>
<td>Is my baby getting enough? Supply and Demand</td>
</tr>
<tr>
<td><strong>Tuesday 19th Sept</strong></td>
<td>Glenecho</td>
<td>Planning Meeting – Idea’s for next ABA bulletin</td>
</tr>
<tr>
<td><strong>Tuesday 3rd October</strong></td>
<td>Botanical Gardens Playspace</td>
<td>Play and explore – Breastfeeding in Public</td>
</tr>
<tr>
<td><strong>Tuesday 10th October</strong></td>
<td>Yackandandah</td>
<td>A walk in town (Pram and bike accessible)</td>
</tr>
<tr>
<td><strong>Tuesday 17th October</strong></td>
<td>Glenecho</td>
<td>Baby Massage</td>
</tr>
</tbody>
</table>

All Meetings are 10am - 12noon
You are welcome to bring a plate to share for morning tea.

**Venue:** Glenecho Neighbourhood House
Burrows Rd, North Albury

(Unless otherwise stated)

---

### Social Evenings

- **Wednesday 6/6/17**
- **Monday 14/8/17**
- **Tuesday 27/9/17**

---

“*My ABA membership has been the most wonderful support tool for me during my first year of motherhood. The newsletter, booklets, training courses, helpline and local support groups were all fantastic. As a result, I have had a fantastic breastfeeding experience with my daughter and am still happily feeding her at 19 months. I joined ABA prior to her birth and attended a training course and this enabled me to feel well informed, confident, relaxed and ready.*” — *Amber Perry (and Ruby 19 months)*

---

Please check Facebook closer to the social date for more details or call Sharon 0427 412 351
The National Breastfeeding Helpline receives funding from the Australian Government.

**BREAST PUMP HIRE**

- Free support and information
- Milk collection kits for sale
- 50% discount on pump hire for ABA members

Contact Sharon on: 0427412351

**Breastfeeding Education Classes**

- A relaxed and friendly environment
- Up-to-date information given by volunteer leaders in breastfeeding
- Aimed at expectant mothers and their partners to help empower and support a successful breastfeeding journey
- Bookings are essential
- Membership with attendance

Contact details:
- vicadmin@breastfeeding.asn.au
- (03) 9791 4644 to book in.

**MEMBERSHIP**

to ABA includes:

- Support and Information
- Breastfeeding...naturally book
- Email counselling and LIVE chat
- My Savings
- Member Newsletters
- Group Library access
- Essence Magazine subscription

For online membership or further details, please check website – www.breastfeeding.asn.au

**Volunteering**

Wish to be involved as a volunteer?
Do you have skills to contribute?
Gain a qualification?
ABA offers Certificate IV in Breastfeeding Education.

Visit the website for more information or contact Sharon on 0427412351

**ALBURY-WODONGA GROUP BULLETIN**

May – October 2017

www.breastfeeding.asn.au

Group Leader: Sharon Green
Email: abaalburywodonga@gmail.com

Australian Breastfeeding Association – Albury/Wodonga Group