



North Western Sydney Region 2020-21 Calendar of events

**Breastfeeding Helpline
1800 mum 2 mum**

1800 686 268

Whether you are awaiting the arrival of your first baby, breastfeeding or bottle feeding - all mothers, fathers, their children, support people and friends are most welcome to attend our meetings and social gatherings. Our meetings are very informal and while a nominated topic is set for most meetings, there is always an opportunity to discuss other topics of interest as a group or individually with a counsellor.

Our groups usually meet at Marayong Hotel (Blacktown), Glenhaven Community Centre (The Hills) and Hotel Pennant Hills (Hornsby-Berowra)

IMPORTANT MESSAGE: DUE TO COVID19 RESTRICTIONS ALL MEETINGS ARE HELD ONLINE via Zoom UNTIL EARLY 2022

See the ABA website or visit us on Facebook for a link to zoom meetings

We look forward to meeting you. Bronwyn, Bec and Sam Group Leaders for the Blacktown, Hills and Hornsby Groups

2021

Fri 15 Oct 10am	Breastfeeding Beyond Babyhood	Online meeting via Zoom hosted by the Hills Group
Wed 20 Oct 10am	Breastfeeding and Weight Gains	Online meeting via Zoom hosted by the Hornsby Group
Tues 26 Oct 10am	Expressing and storing breastmilk	Online meeting via Zoom hosted by the Blacktown Group
Fri 5 Nov 10am	It Takes a Village- Looking After Yourself	Online meeting via Zoom hosted by the Hills Group
Tues 9 Nov 10am	Crying Babies and Sleep	Online meeting via Zoom hosted by the Blacktown Group
Wed 17 Nov 10am	Mum Hacks- Tips and Tricks for Life with Babies and Toddlers	Online meeting via Zoom hosted by the Hornsby Group
Fri 19 Nov 10am	Breastfeeding and sickness	Online meeting via Zoom hosted by the Hills Group
Tues 23 Nov 10am	The Early Days of Breastfeeding	Online meeting via Zoom hosted by the Blacktown Group
Fri 3 Dec 10am	Looking After your Assets- Breast and Nipple Care	Online meeting via Zoom hosted by the Hills Group
Tues 14 Dec 10am	Keeping Baby Cool in Summer	Online meeting via Zoom hosted by the Blacktown Group
Wed 15 Dec 10am	Expressing and Storing Breastmilk	Online meeting via Zoom hosted by the Hornsby Group

**Blacktown Group Leader
& Breastpump Hirer**

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**Hills Group Leader
& Breastpump Hirer**

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Hornsby Group Leader

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**Hornsby Breastpump Hire
Enquiries**
Antonia 0418166655

**Mother Safe Medication
Info Line 93826539**

**Poisons
Information**
13 11 26

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The Breastfeeding
Helpline is supported by
funding from the
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