Australian Breastfeeding Association

Australian Breastfeeding Association
Inner Metro Group Meetings: October — December 2020

You are warmly invited to attend the meetings in any ABA group. To continue our support during these uncertain times we will be running sessions both face-to-face and online.
ABA meetings are a benefit of ABA membership. You are very welcome to come along to two meetings before joining. For more information about membership and to join please go to breastfeeding.asn.au/membership. If you have any questions please contact us by email ababondijunction@gmail.com , citywest@innermetroaba.com.au & abarandwickgroup@gmail.com

Date	Topic	ABA Group / Location	Registration Details
Thursday 15th October 10am–12noon	Baby weight gains. Including information on the WHO guidelines	Bondi Junction Group. Meeting held at the Early childhood health centre. Cnr Brighton Blvd & Wairoa Ave, Bondi Beach	Places are limited. Please register by email or SMS Kristy - 0414 977 968 ababondijunction@gmail.com
Thursday 15th October 10am–11:30am	Guest speaker: Victoria Norris on Looking after ourselves	City West Group. Meeting held via Zoom	https://us02web.zoom.us/meeting/register/tZAqduioqzIiGdNssAadepehOhDskT5eOxAM
Wednesday 21st October 12noon–1:30pm	Picnic, chat and breastfeeding Q & A	Randwick Group. Meeting held at Lestrange Park Mascot. Shady area behind fenced playground.	Please SMS Lauren for more information and to register your attendance - 0410 666 737
Saturday 24th October 12noon–1:30pm	Pregnancy & parenting in a pandemic	City West Group. Meeting held via Zoom	https://us02web.zoom.us/meeting/register/tZEvc-GpqzotGtTXnTmeiEDYzbzypudkuacc
Thursday 29th October 10:30am–12noon	Night waking and and tips for settling your baby	Bondi Junction Group. Meeting held via Zoom	https://us02web.zoom.us/meeting/register/tZYof-6gqjkvG9woswuM-r-bzA2mLZVdjn5F
Friday 6th November 10:30am–12noon	Introducing family foods & breastfeeding	City West Group. Meeting held via Zoom	https://us02web.zoom.us/meeting/register/tZAvfuigqj4tHdbcsbWWLW31xHeN4LzSISoH
Thursday 12th November 10am–12noon	Returning to work. Including information on expressing and storing.	Bondi Junction Group. Meeting held at the Early childhood health centre. Cnr Brighton Blvd & Wairoa Ave, Bondi Beach	Places are limited. Please register by email or SMS to Kristy - 0414 977 968 ababondijunction@gmail.com
Wednesday 18th November 12noon–1:30pm	Picnic, chat and breastfeeding Q & A	Randwick Group. Meeting held at Lestrange Park Mascot. Shady area behind fenced playground.	Please SMS Lauren for more information and to register your attendance - 0410 666 737

Saturday 21st November 12noon–1:30pm	Sleep - what is that!?!	City West Group. Meeting held via Zoom	https://us02web.zoom.us/meeting/register/tZMrde6hpj4sG9XqRlZMCaOEoudykMscGnMY
Thursday 26th November 10:30am–12noon	Introducing solids & baby led weaning	Bondi Junction	https://us02web.zoom.us/meeting/register/tZAsdO-rrDsrGdUBYhkrKEi1tY-Ak2NZAWRo
Sunday 29th November 2pm–3pm	End of year catch up and planning for 2021	City West Group. Meeting held via Zoom	https://us02web.zoom.us/meeting/register/tZAufuCrrjkoH9ZX7uE20PffB6L7xJe39QRj
Thursday 3rd December 10am–12noon	Supply and demand. How to tell if your baby is getting enough	Bondi Junction. Meeting held via Zoom	Places are limited. Please register by email or SMS to Kristy - 0414 977 968 ababondijunction@gmail.com
Friday 4th December 10:30am–12noon	Breastfeeding in summer	City West Group. Meeting held via Zoom	https://us02web.zoom.us/meeting/register/tZYqfuyprzMiH9CYgkzMIUC5YIZUH1KhoQPF
Wednesday 9th December 11am–1pm	End of year celebration picnic	Randwick Group. Meeting held at Centennial Park	Please SMS Lauren for details on location and to register your attendance - 0410 666 737
Saturday 12th December 12noon–1:30pm	Returning to work/study & breastfeeding	City West Group. Meeting held via Zoom	https://us02web.zoom.us/meeting/register/tZMkcuqppjstGdEnUipWrv1tJSLi86WFxNWL

View our national calendar of events at www.breastfeeding.asn.au/calendar-of-member-events to find a group online meeting anywhere in Australia

Pregnant parents can find out about our online ABA Breastfeeding Education Live (BEL) classes at www.breastfeeding.asn.au/classes

ABA Membership information breastfeeding.asn.au/membership

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Email ababondijunction@gmail.com / citywest@innermetroaba.com.au / abarandwickgroup@gmail.com

Breastfeeding Helpline 1800 686 268