

What is ABA?

The Australian Breastfeeding Association (ABA) is a large community based volunteer self-help group, and is recognised as the leading authority on breastfeeding information, counselling and support to the community and health sector throughout Australia.

What happens at an ABA group meeting?

Meetings cover a range of breastfeeding and parenting topics in a relaxed and conversational way. It's a great opportunity to meet other mums and parents who could be experiencing similar successes and challenges to yourself.

Breastfeeding counsellors are present to provide accurate breastfeeding information and advice. No need to RSVP or pressure to arrive on time. Stay as long or as little as you can manage.

Members of ABA can also borrow from the library of parenting books and DVDs available and receive a range of benefits (see back page).

Who can go along?

All mums are welcome – whether breastfeeding or not. If you're **expecting a baby** come along and establish connections early. **Babies, toddlers, older children, partners and grandparents are all welcome.**

Where and when?

Usually, the 1st Thursday, 10am – 12pm at
Cam Rise, 3 Wragg Street, Somerset.

The following Tuesday, 11am – 1pm at
376 Mt Hicks Road, Wynyard.

3rd Monday of the month: ABA@Burnie LINC, State
Library, Burnie.

Membership

Join the Australian Breastfeeding Association for just \$70 a year (\$55 concession) and receive great benefits!

Exclusive offers at "My Savings" portal (average savings of \$1500 per family per annum)

"Breastfeeding...naturally" publication valued at \$34.95

50% off breast pump hire

Essence magazine and regular eNews

Email counselling

Check out www.breastfeeding.asn.au for more details.



<https://www.facebook.com/WynyardABAGroup/>
Follow us on Facebook to get notifications of upcoming meet ups and events.

Breastfeeding Counselling Support

Trained breastfeeding counsellors are mothers too, who give their time voluntarily to 'woman' the Breastfeeding Helpline and to provide local counselling and support on the phone and face-to-face at ABA meetings. This counselling is free, confidential and available to members and non-members alike.

ABA Group Local Contacts

Breastfeeding Counsellors

Charlotte 0407 864 767

Shona (Group Leader) 0400 959 803

Patti 0499 776 641

Laura 0412 202 649

Breast Pump Hire

Charlotte 0407 864 767



**Australian
Breastfeeding
Association**

**Burnie Wynyard Group
Event Calendar**

April 2018 to September 2018

**Now offering Breastfeeding
Education Classes!**

www.breastfeeding.asn.au/classes

**Breastfeeding Helpline
1800 mum 2 mum**

1800 686 268

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

Thursday April 5th	Discussion Introducing Solids	10am – 12noon Cam Rise, 3 Wragg Street, Somerset
Tuesday April 10th	Discussion Guest Speaker: Supporting a mother through grief	11am – 1pm 376 Mt Hicks Road, Wynyard
Monday April 16	ABA@Burnie LINC Come chat with a volunteer or just hang out	11am to 12pm Tasmanian State Library, Burnie
Thursday May 3rd	Discussion Looking after yourself	10am – 12noon Cam Rise, 3 Wragg Street, Somerset
Tuesday May 8th	Wynyard Coffee and Catch up	11am – 1pm 376 Mt Hicks Road, Wynyard
Monday May 21st	ABA@Burnie LINC Come chat with a volunteer or just hang out	11am to 12pm Tasmanian State Library, Burnie
Thursday June 7th	Discussion Breastfeeding: The latest Research	10am – 12noon Cam Rise, 3 Wragg Street, Somerset
Tuesday June 12th	Wynyard Coffee and Catch up	11am – 1pm 376 Mt Hicks Road, Wynyard
Monday June 18th	ABA@Burnie LINC Come chat with a volunteer or just hang out	11am to 12pm Tasmanian State Library, Burnie
Thursday July 5th	Discussion Breastfeeding: What I wish I had known	10am – 12noon Cam Rise, 3 Wragg Street, Somerset
Tuesday July 10th	Wynyard Coffee and Catch up	11am – 1pm 376 Mt Hicks Road, Wynyard
Monday July 16th	ABA@Burnie LINC Come chat with a volunteer or just hang out	11am to 12pm Tasmanian State Library, Burnie
Thursday August 2nd	Discussion Volunteering with ABA: What's in it for me?	10am – 12noon Cam Rise, 3 Wragg Street, Somerset
Tuesday August 7th	Wynyard Coffee and Catch up	11am – 1pm 376 Mt Hicks Road, Wynyard
Monday August 20th	ABA@Burnie LINC Come chat with a volunteer or just hang out	11am to 12pm Tasmanian State Library, Burnie
Thursday September 6th	Discussion Weaning	10am – 12noon Cam Rise, 3 Wragg Street, Somerset
Tuesday September 11th	Wynyard Coffee and Catch up	11am – 1pm 376 Mt Hicks Road, Wynyard
Monday September 17th	ABA@Burnie LINC Come chat with a volunteer or just hang out	11am to 12pm Tasmanian State Library, Burnie
	MORE INFO AND UPDATES AT: Australian Breastfeeding Association – Northern Tasmania Australian Breastfeeding Association – Burnie Wynyard Group	Or contact Charlotte on 0407 864 767 Shona on 0400 959 803