

ABA Members receive:

- * A **free** book, *Breastfeeding...naturally* (valued at \$34.95)
- * The benefits of attending group get-togethers twice a month
- * Access to our group library
- * Receive our *Essence* magazine every three months, as well as regular eNewsletters
- * Half-price breast pump hire
- * Access to email counselling
- * Access to the **My Savings** program where you can save \$1,500 per year on your everyday budget
- *Breastfeeding Education Classes (in Ulverstone, small additional cost)

How Can I join?

You can join the Australian Breastfeeding Association by:

- * Logging on to the website: www.breastfeeding.asn.au
- * Coming along to an ABA get-together
- * Completing and returning a membership form
- * Phoning a counsellor or the Breastfeeding Helpline



Breastfeeding Support

Throughout Australia, the Australian Breastfeeding Association's trained counsellors provide free counselling to any person seeking help. All our volunteer counsellors have undergone extensive training with the Australian Breastfeeding Association. As mothers who have breastfed their own children they know that breastfeeding may not always be easy, and with access to accurate information and experience they can provide you with the support, reassurance and knowledge you need.

All counsellors are bound by a Code of Ethics and offer their support over the phone and in person at our group get-togethers in Smithton.

The Australian Breastfeeding association is a non-profit organisation and we rely on grants, donations and membership to continue our work in the community.

CIRCULAR HEAD GROUP



**Australian
Breastfeeding
Association**

Diary Dates

**January - June
2018**

**Breastfeeding Helpline
1800 mum 2 mum**

1800 686 268

www.breastfeeding.asn.au

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

Get-togethers are generally held at the Community Room at the **Smithton District Hospital from 10am - 12noon** on the 2nd and 4th Fridays of the month, **unless otherwise stated.**

However we do understand if you are running late - as we are all mums and know that sometimes this happens. ***All mothers are welcome – whether breastfeeding or not.*** Meetings are relaxed and informative, and cover a range of breastfeeding and parenting issues. They are especially worthwhile for expectant and new mothers. ***Babies, toddlers and older children are always welcome.***

YOUR LOCAL CONTACTS ARE:

Breastfeeding Counsellor:
Jo 0401 841 667

Breastfeeding Counsellor and Co-Group leader:
Sarah 0409 583 343

Community Educator and Co-Group leader:
Allison 0439 715 915 or 6458 3029

Breast Pump Hire: Charlotte 0407 864 767

Circular Head Group Event Calendar January - June 2018



<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Notes</u>
Friday	9th February 2018	Coffee Morning	
Friday	23rd February 2018	Informal Discussion	Introducing Solids plus bring Recipe to Swap
Friday	9th March 2018	Coffee Morning	
Friday	23rd March 2018	Informal Discussion	"Feeding in the night & sleep"
Friday	13th April 2018	Coffee Morning	
Friday	27th April 2018	Informal Discussion	"Mixed Feeding/Mixed Feelings"
Friday	11th May 2018	Coffee Morning	
Friday	25th May 2018	Informal Discussion	"Looking after yourself"
Friday	8th June 2018	Coffee Morning	
Friday	22nd June 2018	Informal Discussion	"Breastfeeding Trivia"



Find us on Facebook:
Australian Breastfeeding Association –
Northern Tasmania Region