



## Hawkesbury/Nepean ABA Group Catch-ups



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Facebook Page



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Facebook Group

*September 2020 - March 2021*

*Due to COVID-19, we are meeting 1x a month online and 1x a month at an outside venue. Outside meetings are limited to 20 so please RSVP via the Facebook event.*

*To get link for online meetings, email: [hawkesburynepelan@gmail.com](mailto:hawkesburynepelan@gmail.com)*

**Monday 7<sup>th</sup> September 10am-11:30am: Starting Family Foods - Online**

Join us for some tips on starting family foods. Email for link. Hosted by Melissa

**Monday 28<sup>th</sup> September 10am-11:30am: Walk & Talk + Breastfeeding Q&A**

**Penrith Regatta Centre**

Join us for a walk and talk in the sunshine. Drive across the Olympic rings bridge and meet in the carpark on that side. Hosted by Melissa

**Tuesday 6<sup>th</sup> October 10am-11:30am: Early Days - Online**

An essential discussion for all expectant and new parents. Email for link. Hosted by Rosie

**Tuesday 27<sup>th</sup> October 10am-11:30am: Park Catch Up + Breastfeeding Q&A**

**Governor Philip Park - Windsor**

Pack some morning tea and join us for a play at the park. Hosted by Rosie

**Monday 2<sup>nd</sup> November 10am-11:30am: Breastfeeding challenges and solutions - Online**

Breastfeeding can bring some challenges. We'll talk about some of the common ones.

Email for link. Hosted by Nicole B

**Monday 23<sup>rd</sup> November 10am-11:30am: Park Catch Up + Breastfeeding Q&A**

**Jordan Springs Livvy's Place**

Pack some morning tea and join us for a play at the park. Hosted by Melissa

**Tuesday 8<sup>th</sup> December 10am-11:30am: Coping with criticism - Online**

Breastfeeding is the normal way to feed babies. But how do you cope if you are faced with criticism? Join us to discuss. Email for link. Hosted by Vanessa C

**Monday 18<sup>th</sup> January 10am-12pm: School holidays swim - Nicole B's house**

Pack your swimmers (and water safety gear) and join us for a swim. Please bring a plate to share for lunch. Email or private message us via Facebook for the address

**Monday 1<sup>st</sup> February 10am-11:30am: Newborn Daze - interview with a mum - Online**

We will talk to a mum who has recently given birth to her 3<sup>rd</sup> child to gain another perspective on the newborn daze plus juggling older children. Email for link. Hosted by Rosie

**Monday 22<sup>nd</sup> February 10am-11:30am: Park Catch Up + Breastfeeding Q&A**

**Daily Break Café and Park, Glenmore Park**

Pack some morning tea and join us for a play at the park. Hosted by Rachel

## Local Contacts

Co-group leader and breastfeeding counsellor: Melissa - 0402 750 086

Outgoing group leader and breastfeeding counsellor: Megan - 0414 159 031

In-coming co-group leader and breastfeeding trainee: Rosie - 0408 871 446

Breastfeeding counsellor: Peta - 0404 024 849

Breastfeeding counsellor: Vanessa J - 0401 692 091

Breastfeeding counsellor: Nicole B - 0413 726 513

Breastfeeding counsellor: Vanessa C - 0413 111 261

Breastpump hire and breastfeeding counsellor: Nicole J - 0419 273 181

Treasurer and breastfeeding counsellor: Kylie - 0459 989797



**We can support you wherever you are.**

-  National Breastfeeding Helpline
-  LiveChat
-  Local support group online catch-ups

 **Breastfeeding Helpline**  
**1800 mum 2 mum**  
**1800 686 268**

[breastfeeding.asn.au](http://breastfeeding.asn.au)

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

Bulletin kindly printed by Melissa McIntosh MP Federal Member for Lindsay as a community service