



North Western Sydney Region 2022 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)

IMPORTANT MESSAGE: Due to COVID19 restrictions check our web calendar or fb to check venue or if meetings are via Zoom

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, The Hills and Hornsby Groups

2022

Fri 1 April 10am	Breastfeeding Challenges from Early Days onwards	The Hills Group
Thu 14 April 10am	Returning to work after baby/working from home	Hornsby Group
Wed 20 April 10am	Night-time Parenting and breastfeeding	Hornsby Group
Fri 6 May 10am	National Mothering Week Celebration	The Hills Group
Tues 10 May 10am	National Mothering Week	Blacktown Group
Wed 18 May 10am	Early Days of Breastfeeding & attachment Is there a RIGHT way?	Hornsby Group
Fri 20 May 10am	Self-Expression! How, where & why to collect store & deliver your milk	The Hills Group
Tues 24 May 10am	Milk Supply - Too much? Too Little?	Blacktown Group
Thu 26 May 10am	Soothing & Settling - Gentle ways to calm the crying	Hornsby Group
Fri 3 June 10am	Breastfeeding & the Environment World Environment Day	The Hills Group
Wed 8 June 10am	Bumps & Bubs, Walk & Talk Morning Tea + Play-day	Hornsby Group
Tues 14 June 10am	Breastfeeding in the Early Days	Blacktown Group
Fri 17 June 10am	Mums & Bubs Morning Tea Chat	The Hills Group
Thu 23 June 10am	Expressing & Storing Breastmilk	Hornsby Group
Tues 28 June 10am	Taking Care of Ourselves	Blacktown Group
Fri 1 July 10am	Mums & Bubs Morning Tea Chat	The Hills Group
Thu 7 July 10am	Breastfeeding, Weight Gains & Milestones	Hornsby Group
Tues 12 July 10am	School Holiday Q&A + Park Play	Blacktown Group
Wed 20 July 10am	Going out? Breastfeeding in public	Hornsby Group
Tues 26 July 10am	Night-time Parenting	Blacktown Group

Blacktown Group Leader
& Breastpump Hirer

Bronwyn 0400 395 531
abablacktown@yahoo.com.au

Hills Group Leader
& Breastpump Hirer

Bec 0413 849 008
aba@abahills.org

Hornsby Group Leader

Sam 0432 904 842
aba.hornsbyberowra@gmail.com

Hornsby Breastpump Hire
Enquiries
Antonia 0418 166 655

Mother Safe Medication
Info Line 9382 6539

Poisons
Information
13 11 26

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The Breastfeeding
Helpline is supported by
funding from the
Australian Government

www.breastfeeding.asn.au

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ABA Sydney North West Region www.breastfeeding.asn.au



You're there for them,
we're here for you

