Welcome to the Tamworth ABA  
September 2019 – April 2020

Please don’t be nervous about coming along – we usually have a few new faces each meeting, so you don’t need to worry about everyone else knowing each other already. **Partners, friends and children all welcome!** You don’t need to be having problems, in fact you don’t need to be breastfeeding, to come to our meetings. For more information email [tamworthaba@gmail.com](mailto:tamworthaba@gmail.com)

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<tr>
<th>Date</th>
<th>Event</th>
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| Wednesday 25th September 10am – 12 noon | Chat-n-Play and Breastfeeding Q&A | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Alex 0409 228 852 | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Alex 0409 228 852 |
| Wednesday 9th October 10am – 12 noon | About ABA: Looking to train as a counsellor or community educator? Find out more! | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Laura 0417 287 385 / Kathrine 02 67 690 352 | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Laura 0417 287 385 / Kathrine 02 67 690 352 |
| Wednesday 23rd October 10 am - 12 noon | Spring Play at the Park | Adventure Playground, Marsupial Park, Tamworth  
Contact: Kathrine 02 67 690 352 | Adventure Playground, Marsupial Park, Tamworth  
Contact: Kathrine 02 67 690 352 |
| Saturday 2nd November 9:30am – 12:30pm | Breastfeeding Information Session  
FREE class for expectant & new parents. **RSVP essential** as numbers limited. | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Maria 0427 852 852 | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Maria 0427 852 852 |
| Wednesday 6th November 10am – 12 noon | Night-time Parenting:  
Sleep, settling, and breastfeeding | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Maria 0427 852 852 | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Maria 0427 852 852 |
| Wednesday 20th November 10am – 12 noon | Chat & Play and Breastfeeding Q&A | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Alex 0409 228 852 / Noreen 0407 922 106 | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Alex 0409 228 852 / Noreen 0407 922 106 |
| Wednesday 4th December 10am – 12 noon | Celebrating and Holidaying with the Breastfed Baby | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Kathrine 02 67 690 352 | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Kathrine 02 67 690 352 |
| Wednesday 29th January 10am – 12 noon | Chat & Play and Welcome Back to ABA! | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Alex 0409 228 852 | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Alex 0409 228 852 |
| Saturday 8th February 9:30am – 12:30pm | Breastfeeding Information Session  
FREE class for expectant & new parents. **RSVP essential** as numbers limited. | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Alex 0407 529 860 | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Alex 0407 529 860 |
| Wednesday 12th February 10am – 12 noon | Special guest presenter & topic  
– to be confirmed! | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Alex 0409 228 852 | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Alex 0409 228 852 |
| Wednesday 26th February 10am – 12 noon | Introducing Solids | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Kathrine 02 67 690 352 | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Kathrine 02 67 690 352 |
| Wednesday 11th March 10am – 12 noon | Chat & Play | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Alex 0409 228 852 | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Alex 0409 228 852 |
| Wednesday 25th March 10am – 12 noon | Infant Massage  
(with guest presenter Brooke Carrington) | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Alex 0409 228 852 | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Alex 0409 228 852 |
| Wednesday 8th April 10am – 12 noon | The Early Daze: Strategies for breastfeeding and parenting | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Maria 0427 852 852 | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Maria 0427 852 852 |
| Wednesday 22nd April 10am – 12 noon | Music for Babies & Toddlers  
(with guest presenter Brookie Gillett) | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Alex 0409 228 852 | C3 Church, Cnr Morilla St & Duri Rd, Tamworth  
Contact: Alex 0409 228 852 |

**Gunnedah Meetings**

**Monthly on 2nd Friday at 10am – 11th Oct, 8th Nov, 13th Dec**

**No meetings in Jan-Mar 2020 – April meeting details TBA**

Contact Fiona, Nicola or Vanessa for more information

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<tbody>
<tr>
<td>Fiona</td>
<td>0414 497 313</td>
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<tr>
<td>Nicola</td>
<td>0409 594 877</td>
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<tr>
<td>Vanessa</td>
<td>0430 115 024</td>
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Disclaimer: ABA is a non-profit, volunteer organisation. We are not affiliated with any religious or political groups.