

Meetings & Events Calendar

August 2016 – March 2017

Welcome to The Hills Group!

August 2016

**World Breastfeeding Week 1st – 7th August * Breastfeeding: A key to Sustainable Development*

Fri 5 th	10am	Mums and Bubs Playgroup	World Breastfeeding topic - Sustainable Cities and Communities	76 Glenhaven Rd, Glenhaven
Fri 19 th	10am	Looking after yourself!	How we can support ourselves as well as other pregnant and breastfeeding mothers	76 Glenhaven Rd, Glenhaven

September 2016

Fri 2 nd	10am	Mums and Bubs Playgroup	All Welcome, bring the whole family	76 Glenhaven Rd, Glenhaven
Sat 3 rd	All Day	Bunnings BBQ Fundraiser – Helpers needed	All monies raised goes to our group!	Bunnings Nth Parramatta
Fri 16 th	10am	The Early daze	Tips for coping during the first weeks and months!	76 Glenhaven Rd, Glenhaven
23 rd - 25 th	All Day	Baby and Toddler Show – Volunteers needed to hand out materials on the stand *Free Entry*	http://www.babyandtoddlershow.com.au	Royal Hall of Industries & Horden Pavilion, Moore Park

October 2016

Fri 7 th	10am	Mums and Bubs Playgroup	All ages and stages are welcome	76 Glenhaven Rd, Glenhaven
Fri 21 th	10am	Toddlers teeth & breastfeeding!	Benefits & challenges of breastfeeding older babies	76 Glenhaven Rd, Glenhaven

November 2016

Fri 4 th	10am	Mums and Bubs Playgroup	Relax with a hot cuppa!	76 Glenhaven Rd, Glenhaven
Fri 18 th	10am	From Breastfeeding to Weaning	All good things must come to an end	76 Glenhaven Rd, Glenhaven

December 2016

Fri 2 nd	10am	Mums and Bubs Playgroup	Xmas Party – All Welcome	76 Glenhaven Rd, Glenhaven
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January 2017

Fri 20 th	10am	Slings and carriers - Unsure how to use it?	We can show you how!	76 Glenhaven Rd, Glenhaven
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February 2017

Fri 3 rd	10am	Mums and Bubs Playgroup	Have you made it to a meeting yet?	76 Glenhaven Rd, Glenhaven
Fri 17 th	10am	Baby Massage - Sarah	BYO blanket, pillows, any oils you use	76 Glenhaven Rd, Glenhaven

March 2017

Fri 3 rd	10am	Mums and Bubs Playgroup	Music, fun and laughter	76 Glenhaven Rd, Glenhaven
Fri 17 th	10am	Ups & Downs - Balancing your milk supply	Too much, too little, what can you do?	76 Glenhaven Rd, Glenhaven

Everyone is welcome to attend their local group. Whether you are pregnant, fully breastfeeding, partially breastfeeding, expressing or bottle-feeding you will be welcomed. Partners, friends and grandparents are also welcome to come along

Did you know?

All Australian Breastfeeding Association counsellors are volunteers and receive no payment for the work they do. Your membership enables us to train breastfeeding counsellors and to provide support and information to mothers just like you.

Membership of the Australian Breastfeeding Association provides you with:

- * A **FREE** book '*Breastfeeding ...naturally*' (valued at \$34.95)
- * Our member magazine, *Essence*, mailed to you every three months and regular member eNewsletters
- * Access to trained breastfeeding counsellors and our e-counselling service
- * 50% discount on hospital grade electric breast pump hire
- * Unlimited access to ABA group get-togethers anywhere in Australia for support, friendships and a place to have your questions answered, run by friendly trained volunteers
- * Access to members-only webinars & our local group library
- * A way of saving hundreds on everyday items through our My Savings program

How Can I Join?

- You can join the Australian Breastfeeding Association by:
- Filling out and returning the membership form overleaf
 - Logging onto www.breastfeeding.asn.au
 - Coming along to a get-together (see Meeting Calendar) or
 - Phoning a local counsellor or the Breastfeeding Helpline

