



Lismore Group Diary Dates

July-December 2024

We welcome all mothers, their babies and young children, and their support people.

We operate on baby time - so just arrive when you can.

You don't need to have breastfeeding concerns and you don't need to be breastfeeding to join us.

Discussion topics are just conversation starters.

We are always happy to discuss any breastfeeding questions or concerns.

Date	Time	Event Type	Details	Location
Friday 12 July	10:00am	Connect & Share	Adding to the family - welcoming baby #2 or more	Goonellabah Community Centre
1-7 Aug			World Breastfeeding Week <i>Closing the Gap - Breastfeeding Support for All</i>	Across Australia and the world
Sat 3 Aug	10am- 1pm	Info & Chat	WBW Celebration and Action Drop in and say hello or bring your lunch and stay for a chat.	Meeting Room, Lismore Central Shopping Centre
Friday 9 Aug	10:00am	Connect & Share	Breastfeeding Support for All	Goonellabah Community Centre
Sat 24 Aug	1.30pm- 4.30pm	Breastfeeding Preparation Class	Planning to Breastfeed? Prepare to SUCCEED! <i>Details abalismore@gmail.com</i>	Lismore Details on registration
Friday 13 Sep	10:00am	Connect & Share	First foods - when and how?	Goonellabah Community Centre
Friday 11 Oct	10:00am	Connect & Share	Breastfeeding - what's in it for mum?	Goonellabah Community Centre
Sat 26 Oct	1.30pm- 4.30pm	Breastfeeding Preparation Class	Planning to Breastfeed? Prepare to SUCCEED! <i>Details abalismore@gmail.com</i>	Lismore Details on registration
Friday 8 Nov	10:00am	Connect & Share	Supply issues - how to make more milk or manage too much milk	Goonellabah Community Centre
Friday 13 Dec	10:00am	Connect & Share	Family gatherings, celebrations and breastfeeding	Goonellabah Community Centre

Chat & Play in Ballina and other social event details are found on our Lismore Group webpage.

See our calendar at <https://www.breastfeeding.asn.au/group/lismore-group-nsw#calendar>.

Follow us on Facebook to find out about all our group activities <https://www.facebook.com/aba.lismore/>

Can't make it to these events but would like to be part of the breastfeeding community?

- ◆ Join an online gathering. See <https://www.breastfeeding.asn.au/calendar-online>

Want more information on any breastfeeding topic?

- ◆ Call the free confidential 24/7 National Breastfeeding Helpline on 1800 686 268
- ◆ Visit <https://www.breastfeeding.asn.au/> and use the search box. Check our podcasts too!
- ◆ Use LiveChat 8-10pm (AEST/AEDT) Mon-Fri <https://www.breastfeeding.asn.au/livechat>
- ◆ Download the ABA phone app **mum2mum** - free from all phone stores