

What is ABA?

The Australian Breastfeeding Association (ABA) provides breastfeeding information and support. Our volunteer Breastfeeding Counsellors and Breastfeeding Educators are trained to provide mother to mother support.

Who can go along?

All are welcome at our meet-ups. They are a great way to meet other mothers and discuss parenting and breastfeeding issues. A trained ABA volunteer will be there for individual support, as required. You do not need to join ABA to come along—our group activities are **free and open to all**.

What is a breastfeeding counsellor?

Breastfeeding counsellors are trained volunteers who offer breastfeeding information and **mother-to-mother support** on the phone and face to face at ABA events. They hold a Certificate IV in Breastfeeding Education (Counselling). They have all breastfed at least one baby. You are welcome to phone Sarah, Laura or Charlotte at any time. Have you considered training with ABA? It's very rewarding, and family friendly.

Where and when?

On the first Friday of the month we meet online, from 11.30am to 1pm, for a facilitated discussion on a **breastfeeding or parenting topic**. Our Zoom meeting ID is 513 214 6735 or you can find the link on our Facebook page.

On the second Wednesday of each month we meet at **Bruce's Café, East Wynyard**, at 10am. We'll be sitting out the back near the play area.

Our **pop-up café catch-ups** are usually on the fourth Friday of the month and start at 10am located at different local cafes each time. Contact Jess on 0408 799 508 for more information.

ABA's Virtual Village

Join ABA to receive:
Ongoing private breastfeeding support
Local group events for information and face to face breastfeeding counselling
"Breastfeeding...a practical guide" eBook valued at \$29.95
50% off breast pump hire
Essence magazine and regular eNews
Antenatal **Breastfeeding Preparation Session** webinar cost **fully refunded** by your local group.

To join visit our website breastfeeding.asn.au
To enrol into a **Breastfeeding Preparation Session** webinar use the QR code.



Once enrolled send your receipt and bank details to schuuring30@hotmail.com (Group Leader) for your \$20 rebate.

Group Contacts:

Breastfeeding Counsellors

Sarah (Group Leader) 0409 583 343
Charlotte 0407 864 767
Laura 0412 202 649
Jess 0408 799 508

Breastfeeding Educator

Natalie 0419 131 052

Breast Pump Hire

Charlotte 0407 864 767

24-hour National Breastfeeding Helpline

1800 686 268

LiveChat Service

8pm-10pm weeknights
Monday, Wednesday & Friday 12pm-2pm
www.breastfeeding.asn.au



**Australian
Breastfeeding
Association**

Burnie Wynyard Group

Local events

July - December 2024



1800mum2mum
Breastfeeding Helpline 1800 686 268

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



FIND US ON FACEBOOK
[@AUSTRALIAN BREASTFEEDING ASSOCIATION - BURNIE WYNYARD GROUP](https://www.facebook.com/AustralianBreastfeedingAssociationBurnieWynyardGroup)



FOLLOW US ON INSTAGRAM
[@OZBREASTFEEDINGTAS](https://www.instagram.com/OZBREASTFEEDINGTAS)

Burnie Wynyard Group

July to December 2024

Date	Time	Event	Venue
Friday 5 th July	11.30am to 1pm	Online discussion <i>Breastfeeding Toddlers</i>	via Zoom Meeting ID 513 214 6735
Wednesday 10 th July	10am	Café Catch-up	Bruce's Café, East Wynyard
Friday 26 th July	10am	Pop-up café catch-up	Crusty's Bakery, Wivenhoe
Friday 2 nd August	11.30am to 1pm	Online discussion WORLD BREASTFEEDING WEEK <i>BYO questions and concerns</i>	via Zoom Meeting ID 513 214 6735
Wednesday 14 th August	10am	Café Catch-up	Bruce's Café, East Wynyard
Friday 23 rd August	10am	Pop-up café catch-up	Amy's Kusina, Wynyard
Friday 6 th September	11.30am to 1pm	Online discussion <i>Breast refusal and fussy babies</i>	via Zoom Meeting ID 513 214 6735
Wednesday 11 th September	10am	Café Catch-up	Bruce's Café, East Wynyard
Friday 27 th September	10am	Pop-up café catch-up	Muddyboots Café, Sisters Creek
Friday 4 th October	11.30am to 1pm	Online discussion <i>Breast and nipple care</i>	via Zoom Meeting ID 513 214 6735
Wednesday 9 th October	10am	Café Catch-up	Bruce's Café, East Wynyard
Friday 25 th October	10am	Pop-up café catch-up	Secret Buddha Café, Park Grove
Friday 1 st November	11.30am to 1pm	Online discussion <i>The crying baby</i>	via Zoom Meeting ID 513 214 6735
Wednesday 13 th November	10am	Café Catch-up	Bruce's Café, East Wynyard
Friday 22 nd November	10am	Pop-up café catch-up	Seekers Café, Boat Harbour
Friday 6 th December	11.30am to 1pm	Online discussion <i>Breastfeeding through summer, alcohol, heat and holidays</i>	via Zoom Meeting ID 513 214 6735
Wednesday 11 th December	10am	Café Catch-up	Bruce's Café, East Wynyard

* For the pram walks visit our Facebook page for updates, as these depend on the weather.

Visit our Facebook page



**Australian Breastfeeding Association
- Burnie Wynyard Group**

Visit our ABA website page



Burnie Wynyard, Tas

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Jess 0408 799 508