

Hawkesbury/Nepean group

Local Catch-Ups

July to December 2024

All mothers, parents, and family members welcome for free breastfeeding support. Please RSVP via Facebook or email us at hawkesburynepean@gmail.com.

Monday 1st July, 10am at Brooks in Jordan Springs

Hosted by Vanessa - 0413111261

Wednesday 17th July, 10am at Warami Community Centre in Penrith

Hosted by Nicole - 0413726513

Friday 9th August, 10am at Daily Break in Glenmore Park

Hosted by Mel - 0402750086

Friday 23rd August, 10am at The Orchard in Jamisontown

Hosted by Peta - 0404024849

Tuesday 3rd September, 10am at Daily Break in Glenmore Park

Hosted by Nicole - 0413726513

Friday 27th September, 10am at The Log Cabin in Penrith

Hosted by Mel - 0402750086

Thursday 10th October, 10am at The Orchard in Jamisontown

Hosted by Vanessa - 0413111261

Friday 18th October, 10am at Brooks in Jordan Springs

Hosted by Peta - 0404024849

Friday 8th November, 10am at Warami Community Centre in Penrith

Hosted by Mel - 0402750086

Monday 18th November, 10am at Daily Break in Glenmore Park

Hosted by Nicole - 0413726513

Tuesday 3rd December, 10am at Laughin' Boy in Emu Plains

Hosted by Vanessa - 0413111261

Friday 20th December, 10am at The Log Cabin in Penrith

Hosted by Peta - 0404024849



Breastfeeding Helpline

[breastfeeding.asn.au](https://www.breastfeeding.asn.au) 1800 686 268

