

Tas Central Coast Group

The Tas Central Coast Group of the Australian Breastfeeding Association (ABA) generally **meet face-to-face fortnightly** (except in April this year due to Easter and Anzac Day).

All are welcome at our local activities—a great way to connect with other mothers! **Introductory membership to ABA is FREE** and you don't need to have a problem or be breastfeeding to come along. We talk about all sorts of things to do with being a mum and looking after children. Babies and children, partners and other support people are also welcome! Our meet-ups are led by trained volunteers and include informal discussions as well as guest speakers.

Why not check us out? You can also:

- Get your breastfeeding questions answered
- Share your experiences
- Make friends and have fun
- Help other mums
- Be accepted and encouraged (including care and support when breastfeeding doesn't work out).

Having a baby? Take ABA's class



ABA offers expectant parents the ABA Breastfeeding Preparation Session live education webinar – scan the code to register and **save** with our local group **\$20 cashback** offer. To claim, book your class online, then send proof of payment and your bank details to: tana.mcmullen@breastfeeding.asn.au
FIFO couples can individually join the same class from different locations.

Breastfeeding information and supports

Talk to a **local** breastfeeding counsellor:

- face-to-face at a local group event or
- by phone:

Tana – 0428 204 076 (**Group Leader**)

Marion – 0409 899 136
(Breast Pump Hire)

Suzanne – 6437 2462

Or go to our website:

breastfeeding.asn.au
(includes Livechat)



Daytime: 12.00 p.m. – 2.00 p.m.
Mondays, Wednesdays and Fridays
Evening: 8.00 p.m. – 10.00 p.m. weekdays

Or call our 24-hour 7-day
National Breastfeeding Helpline:



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

Babies, mothering, breastfeeding



Ulverstone-Penguin Area Activities:



January – June 2025



TAS CENTRAL COAST MUMS' GROUP ACTIVITIES (JANUARY – JUNE 2025)

WHEN	TIME	WHAT'S ON	WHERE
Friday, 17 January	10.00 a.m. – 12.00p.m.	Pram Walk and Talk (back-up venue to be advised if the weather is bad)	Starting near the skate park/boat ramp car park, Beach Road, Penguin and walking east along the coastal pathway
Friday, 31 January	10.00 a.m. – 12.00 p.m.	Pram Walk and Talk (meet at No. 34 Alexandra Road, Ulverstone if the weather is bad)	Starting near the Beach Hut Coffee (café near the waterslide), Beach Road, Ulverstone
Friday, 14 February	10.00 a.m. – 12.00 p.m.	Info and Chat- 'Breastfeeding through pregnancy and beyond'	Multi-purpose Room, No. 34 Alexandra Road, Ulverstone (Aboriginal Health Service)
Friday, 28 February	10.00 a.m. – 12.00 p.m.	Pram Walk and Talk (meet at Drift Café if the weather is bad)	Starting near Aiken Head Point car park (near the Spirit of the Sea statue), Victoria Parade, Devonport and walking towards the Bluff
Friday, 14 March	10.00 a.m. – 12.00 p.m.	Info and Chat - 'Breastfeeding and returning to work or study'	No. 34 Alexandra Road, Ulverstone
Friday, 28 March	10.00 a.m. – 12.00 p.m.	Pram Walk and Talk (meet at The Berry Patch if the weather is bad)	Starting at car park near Camp Clayton, Turners Beach and walking to The Berry Patch, Turners Beach
Friday, 11 April	10.00 a.m. – 12.00 p.m.	Info and Chat – 'Dental care for babies and children' – Guest Speaker*	No. 34 Alexandra Road, Ulverstone
Friday, 2 May	10.00 a.m. – 12.00 p.m.	Cuppa and Chat followed by a pram walk if the weather is kind	Starting at No. 34, Alexandra Road, Ulverstone (then to the Rocket Park)
		National Mothering Week 5 – 11 May	
Friday, 16 May	10.00 a.m. – 12.00 p.m.	Info and Chat - 'Sleep!'	No. 34 Alexandra Road, Ulverstone
Friday, 30 May	From 7.30pm	Dessert Night	To be advised
Friday, 13 June	10.00 a.m. – 12.00 p.m.	Cuppa and Chat**	No. 34 Alexandra Road, Ulverstone
Friday, 27 June	10.00 a.m. – 12.00 p.m.	Info and Chat** - BYO breastfeeding questions	No. 34 Alexandra Road, Ulverstone

*This presentation may include information which is not in accordance with ABA policies and position statements.

Please consider the health of others and stay home if you, or anyone in your household, are unwell.
We will see you next time and in the meantime, please access our free online or telephone services.

Thank you to Leonie Hiscutt, MLC and her office for the photocopying of these diary dates to support ABA.



facebook.com/tascentralcoastaba

To access additional parenting webinars and online support services, including premium mum2mum app content and training opportunities you can upgrade your **FREE Introductory Membership** to a **Virtual Village** or **Virtual Village Plus membership**. Please go to: <https://www.breastfeeding.asn.au/memberships> for further information.

As we are a volunteer not-for-profit organisation, we rely on membership subscriptions (and some grants, donations and fundraising) to continue our services in the community.

If you are having a 'good' day, please bring a small plate of morning tea to share at our face-to-face events. If it's not a good day, please come along anyway and receive some support and socialising! We are happy to share 😊 and please let any worry go if you are running late, we are glad to see you whenever you arrive!