

### 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 breastfeeding counsellor 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 ABA peer support?

ABA breastfeeding counsellors and educators are trained volunteers who offer breastfeeding information and **mother-to-mother support** on the phone, online and face to face at ABA events. They hold a Certificate IV in Breastfeeding Education. Breastfeeding counsellors have all breastfed at least one baby. Have you considered training with ABA? It's very rewarding, and family friendly. ABA is a Registered Training Organisation. (RTO: 21659)

### Where and when?

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 other café catch-ups take place at various locations, and usually on the fourth Friday of the month at 10am. See our program overleaf and contact **Jess** on **0408 799 508** or **Natalie** on **0419 131 052** for more information.

Find us on Facebook for the latest updates:



### ABA's Virtual Village

Join ABA and receive:

- Access to 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](http://breastfeeding.asn.au)

To register for a **Breastfeeding Preparation Session** webinar, scan the QR code.



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

### Group Contacts:

#### Breastfeeding Counsellors

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

#### 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](http://www.breastfeeding.asn.au)



Australian  
Breastfeeding  
Association

# Burnie Wynyard Group

## Local events

## January to June 2025



**1800mum2mum**  
Breastfeeding Helpline 1800 686 268

## [breastfeeding.asn.au](http://breastfeeding.asn.au)

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/AustralianBreastfeedingAssociation-BurnieWynyardGroup)



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

# Burnie Wynyard Group

January to June 2025

<b>Date</b>	<b>Time</b>	<b>Topic</b>	<b>Venue</b>
Wednesday 8 <sup>th</sup> January	10:00am	Café-catch-up	Bruce's Café, East Wynyard
Friday 24 <sup>th</sup> January	10:00am	Cafe catch-up	Bruce's Café, East Wynyard
Wednesday 12 <sup>th</sup> February	10:00am	Café catch-up	Bruce's Café, East Wynyard
Friday 28 <sup>th</sup> February	10:00am	Café catch-up	Secret Buddha Café, Park Grove, Burnie
Wednesday 12 <sup>th</sup> March	10:00am	Café catch-up	Bruce's Café, East Wynyard
Friday 28 <sup>th</sup> March	10:00am	Café catch-up	Seekers Café, Boat Harbour Beach
Wednesday 9 <sup>th</sup> April	10:00am	Café catch-up	Bruce's Café, East Wynyard
Wednesday 14 <sup>th</sup> May	10:00am	Café catch-up	Bruce's Café, East Wynyard
Friday 23 <sup>rd</sup> May	10:00am	Café catch-up	Muddy Boots Café, Sisters Creek
Wednesday 11 <sup>th</sup> June	10:00am	Café catch-up	Bruce's Café, East Wynyard
Friday 27 <sup>th</sup> June	10:00am	Library catch-up	Burnie Library

**Check our Facebook page**



**Australian Breastfeeding Association  
- Burnie Wynyard Group**

**Visit our page on ABA's website**



**Burnie Wynyard, Tas**

**Contact us**

Sarah 0409 583 343  
Jess 0408 799 508  
Natalie 0419 131 052  
Laura 0412 202 649  
Charlotte 0407 864 767