



Lismore Group Diary Dates

January-June 2025

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.

Discussion topics are just conversation starters.

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

Date	Time	Event Type	Details	Location
Friday 10 Jan	10:00am	Chat & Play	New Year Chat & Play at the Park	Heritage Park Lismore
Friday 14 Feb	10:00am	Connect & Share	When breastfeeding hurts - breast and nipple pain	Goonellabah Community Centre
Saturday 22 Feb	1.30-4.30	Breastfeeding Preparation Class	Planning to Breastfeed? Prepare to SUCCEED! <i>Details abalismore@gmail.com</i>	Lismore Details on registration
Friday 14 Mar	10:00am	Connect & Share	Breastfeeding - in the early daze	Goonellabah Community Centre
Friday 11 Apr	10:00am	Connect & Share	Working and breastfeeding - expressing and other options	Goonellabah Community Centre
5-11 May	National Mothering Week - Celebrating all mothers everywhere Order ABA roses - <i>Mother's Love, Little Ray of Sunshine, Endless Love</i>			Across Australia
Friday 9 May	10:00am	Connect & Share	Weaning - when and how?	Goonellabah Community Centre
Friday 9 May	6:00pm	Dinner & Chat	Celebrating Mothers - Night Out	Northern Rivers Hotel
Saturday 31 May	1.30-4.30	Breastfeeding Preparation Class	Planning to Breastfeed? Prepare to SUCCEED! <i>Details abalismore@gmail.com</i>	Lismore Details on registration
Friday 13 Jun	10:00am	Connect & Share	Guest speaker - contraception options	Goonellabah Community Centre

Venue information and details of other activities 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 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 our ABA phone app mum2mum - free from all phone stores.