

Local Catch-Ups

January to June 2025

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

Friday 10th January, 10am at The Valley Junction in Glenmore Park

Hosted by Nicole - 0413726513

Cuppa & Chat

Tuesday 28th January, 10am at Clementine's Cafe in Caddens

Hosted by Nicole - 0413726513

Connect & Share: Introducing Solids

Friday 14th February, 10am at The Orchard in Jamisontown

Hosted by Peta - 0404024849

Cuppa & Chat

Monday 24th February, 10am at Warami Community Centre in Penrith

Hosted by Vanessa - 0413111261

Info & Chat: Feeding Patterns

Friday 7th March, 10am at Brooks in Jordan Springs

Hosted by Mel - 0402750086

Cuppa & Chat

Monday 24th March, 10am at Warami Community Centre in Penrith

Hosted by Nicole - 0413726513

Info & Chat: Volunteering with ABA

Friday 11th April, 10am at The Log Cabin in Penrith

Hosted by Peta - 0404024849

Cuppa & Chat

Monday 14th April, 10am at Warami Community Centre in Penrith

Hosted by Vanessa - 0413111261

Info & Chat: Combining Breastfeeding & Work

Friday 2nd May, 10am at The Daily Break in Glenmore Park

Hosted by Mel - 0402750086

Cuppa & Chat

Monday 19th May, 10am at Warami Community Centre in Penrith

Hosted by Nicole - 0413726513

Info & Chat: Sleep & Night Time parenting

Friday 13th June, 10am at Laughin' Boy in Emu Plains

Hosted by Peta - 0404024849

Cuppa & Chat

Monday 23rd June, 10am at Warami Community Centre in Penrith

Hosted by Vanessa - 0413111261

Info & Chat: Breastfeeding, Milk Supply, & Weight Gains



Breastfeeding Helpline



breastfeeding.asn.au



1800 686 268



Australian
Breastfeeding
Association