

# OUR SERVICES

## NEWCASTLE/HUNTER REGION



### LIBRARY

Contains a selection of material regarding all things parenting. Located at Mums' Cottage in Holmesville



### BREASTFEEDING EDUCATION: *Discounted rate for members*

Online breastfeeding preparation sessions: Information available on website



### REGULAR MEETINGS

Face-to-face meetings available. Our region hosts various events throughout the year. For more details see overleaf. Additional events are often added and will be posted on our regional Facebook and calendar. So keep an eye out for updates!



### BREAST PUMP HIRE

#### *Discounted rate for members*

For more detail contact:

Newcastle Group: *Eliza* - 0447 398 500

Lake Macquarie Group: *Kathleen* - 0421 343 924

Upper Hunter Group: *Marion* - 0459 458 001

Lower Hunter Group: *Natalie* - 0435 727343

## MEMBERSHIPS

**FREE:** Introduction membership

**\$70:** 12 months membership

**\$110:** 24 months membership

**\$90.00:** ABA virtual Village Plus (for expectant parents)

**\$70.00:** ABA virtual village (for new parents)

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**4 x \$ 53.65:** Quarterly professional membership

**\$195:** Professional membership

**\$48:** Professional student membership

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See our website for more information

<https://abaprofessional.asn.au/memberships/>

HAVE YOU  
CHECKED  
OUT OUR  
PODCASTS?

breastfeeding...

with **ABA**

made by parents, for parents

Find out more at  
[blog.breastfeeding.asn.au](http://blog.breastfeeding.asn.au)  
or search for us on your  
favourite podcast app.

# OUR CALENDAR 2024

NEWCASTLE/HUNTER REGION

ALL WELCOME!

OCTOBER		
Wednesday 23rd 10 am to 11:30 am	<b>Connect and Share</b> <i>Topic: Early Days</i>	Mums' Cottage, Holmesville
Friday 25th 10 am to 11:30 am	<b>Chat and Play</b>	Information Centre Café & child play area, High St Maitland
NOVEMBER		
Wednesday 13th 10 am to 11:30 am	<b>Chat and Play</b>	Richleys Reserve
Wednesday 27th 10 am to 11:30 am	<b>Connect and Share</b> <i>Topic: Breastfeeding in the heat</i>	Mums' Cottage, Holmesville
DECEMBER		
Friday 6th 5 pm	<b>Christmas Gathering</b> <i>Fish and chips</i>	Check website for updated location
JANUARY		
Friday 31st 10 am to 11:30 am	<b>Chat and Play</b>	Information Centre Café & child play area, High St Maitland
FEBRUARY		
Wednesday 26th 10 am to 11:30 am	<b>Connect and Share</b> <i>Topic: Returning to paid work while breastfeeding</i>	Mums' Cottage, Holmesville
MARCH		
Wednesday 12th 10 am to 11:30 am	<b>Chat and Play</b>	Richleys Reserve
Wednesday 26th 10 am to 11:30 am	<b>Connect and Share</b> <i>Topic: Introducing Solids and family foods</i>	Mums' Cottage, Holmesville

## JOIN OUR NEWBORN VIRTUAL VILLAGE!

Meet other new parents online for support  
and tips in the early days and weeks.  
*See website for more details.*

**LiveChat**

## NEED HELP NOW?

- Talk to one of our trained volunteers on **Livechat**, or
- Call our free Breastfeeding Helpline.  
It is available 24/7, 365 days a year: **1800 mum 2 mum**