

Newcastle Hunter Region 2025 Apr – Oct Calendar



**Australian
Breastfeeding
Association**

Date	Topic	Location
Mon 7 Apr, 10-11:30	Mum hacks & parenting tips	Oasis Cafe, 67 Cleary Street, Hamilton
Wed 30 Apr, 10-11:30	Breastfeeding & the early days	Mums' Cottage, 29 St Helen Street, Holmesville
Wed 7 May, 10-11:30	Guest presenter: Weaving Circle <i>**Free ticketed event - see website for details**</i>	MAC Yapang Gallery Cafe, 1A First St, Booragul
Fri 9 May, 9:30-11	Breastfeeding & returning to work/study	Reader's Cafe, 3 Garnett Rd, East Maitland
Mon 12 May, 10-11:30	Breastfeeding & family foods	Ground Up Espresso, 120 Young Street, Carrington
Wed 28 May, 10-11:30	Sleeping like a baby?	Mums' Cottage, 29 St Helen Street, Holmesville
Mon 23 Jun, 10-11:30	Debunking myths & social media trends	Oasis Cafe, 67 Cleary Street, Hamilton
Wed 25 Jun, 10-11:30	Expressing & storing breastmilk	Mums' Cottage, 29 St Helen Street, Holmesville
Thu 3 Jul, 10-11:30	Supply: answering all your questions	Ground Up Espresso, 120 Young Street, Carrington
Fri 11 Jul, 9:30-11	Toddler & new baby	Reader's Cafe, 3 Garnett Rd, East Maitland
Wed 23 Jul, 10-11:30	Self-care: looking after YOU	Mums' Cottage, 29 St Helen Street, Holmesville
Mon 4 Aug, 10-11:30	The parenthood juggle & finding support	Oasis Cafe, 67 Cleary Street, Hamilton
Wed 6 Aug, 10-11:30	Guest speaker: Women's Health Physio <i>** Free ticketed event - see website for details**</i>	Mums' Cottage, 29 St Helen Street, Holmesville
Wed 27 Aug, 10-11:30	Chat & play at Warner Park playground	Warner Park Playground, 1 John St, Warners Bay
Mon 1 Sep, 10-11:30	Breastfeeding all ages	Ground Up Espresso, 120 Young Street, Carrington
Mon 3 Sep, 10-11:30	Introducing family foods	Mums' Cottage, 29 St Helen Street, Holmesville
Fri 12 Sep, 9:30-11	Out & about: breastfeeding in public	Reader's Cafe, 3 Garnett Rd, East Maitland
Wed 24 Sep, 10-11:30	Chat & play at Warner Park playground	Warner Park Playground, 1 John St, Warners Bay
Mon 20 Oct, 10-11:30	Sleep & night-time parenting	Oasis Cafe, 67 Cleary Street, Hamilton
Wed 29 Oct, 10-11:30	Toddler & new baby	Mums' Cottage, 29 St Helen Street, Holmesville

All are welcome!

Whether awaiting the arrival of your first baby, breastfeeding or bottle feeding – all mothers, fathers, children, support people & friends are invited.

Meet ups are informal and, even when topics are set, there are always opportunities to discuss other topics of interest, in a group or individually with a volunteer!

 follow us on Facebook for event details and updates @ **Australian Breastfeeding Association**

Newcastle/Hunter Region



1800mum2mum

Breastfeeding Helpline 1800 686 268
breastfeeding.asn.au

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

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