

# ABA Hobart and Surrounds Group

## January–June 2024



Australian  
Breastfeeding  
Association

When	Where	Time	What's on
<b>Fri 5 Jan</b>	Online via Zoom	11.30am–1pm	<b>Weaning: all you need to know</b> Zoom Discussion ID 513 214 6735
<b>Mon 15 Jan</b>	South Hobart	10:30am–12.30pm	<b>Coffee morning — The Rivulet Cafe</b>
<b>Mon 29 Jan</b>	Bellerive	10–11.30	<b>Pram Walk — Bellerive Beach Park</b>
<b>Fri 2 Feb</b>	Online via Zoom	11.30am–1pm	<b>4 months old ... now what?</b> Zoom Discussion ID 513 214 6735
<b>Mon 19 Feb</b>	South Hobart	10:30am–12.30pm	<b>Coffee morning — The Rivulet Cafe</b>
<b>Fri 1 Mar</b>	Online via Zoom	11.30am–1pm	<b>Understanding your supply</b> Zoom Discussion ID 513 214 6735
<b>Mon 18 Mar</b>	South Hobart	10:30am–12.30pm	<b>Coffee morning — The Rivulet Cafe</b>
<b>Fri 5 Apr</b>	Online via Zoom	11.30am–1pm	<b>Mothering more than one</b> Zoom Discussion ID 513 214 6735
<b>Mon 15 Apr</b>	South Hobart	10:30am–12.30pm	<b>Coffee morning — The Rivulet Cafe</b>
<b>Mon 22 Apr</b>	Bellerive	10am–11.30am	<b>Pram Walk — Bellerive Beach Park</b>
<b>Fri 3 May</b>	Online via Zoom	11.30am–1pm	GUEST SPEAKER* <b>Introducing solids ... and allergy</b> Zoom Discussion ID 513 214 6735
<b>Mon 20 May</b>	South Hobart	10:30am–12.30pm	<b>Coffee morning — The Rivulet Cafe</b>
<b>Fri 7 Jun</b>	Online via Zoom	11.30am–1pm	<b>Wakeful babies — what's normal?</b> Zoom Discussion ID 513 214 6735
<b>Mon 17 Jun</b>	South Hobart	10:30am–12.30pm	<b>Coffee morning — The Rivulet Cafe</b>



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[@OZBREASTFEEDINGTAS](https://www.instagram.com/OZBREASTFEEDINGTAS)



FIND US ON FACEBOOK  
[@ABA HOBART AND SURROUNDS GROUP](https://www.facebook.com/ABA.HOBART.AND.SURROUNDS.GROUP)

### Coffee mornings venue:

The Rivulet Café  
64 Anglesea Street,  
South Hobart

**Cross the bridge and turn left**

*Onsite free parking, space for prams,  
a secure outdoor playground and  
family-friendly facilities.*

### Pram walks details:

*See our webpage calendar and  
socials to confirm meeting point and  
for any updates due to weather  
conditions.*

Details correct at time of publication. As public health circumstances and venue availability may change, we reserve the right to alter details without notice. For the latest updates visit our Facebook page [@ABA Hobart and Surrounds Group](https://www.facebook.com/ABA.HOBART.AND.SURROUNDS.GROUP).

**\*Guest speaker presentation may include information not in accordance with ABA policies and position statements.**


All mothers and parents are welcome at our meetups—a great way to meet others for social and parenting support. 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—including local online discussions—are free.*



**Breastfeeding Preparation Session—local refund offer**  
Pregnant? Prep for breastfeeding success with our interactive online class. Our local \$20 refund offer makes this class FREE when you sign up to **Virtual Village Plus**. To claim, book your class online, then send proof of payment and bank details to [abahobartws@gmail.com](mailto:abahobartws@gmail.com).

**Breast Pump Hire**  
Contact Linda on 0402 241 309

**Buying a breast pump?**  
We stock the  
**Ardo Calypso Double Plus**  
Contact Ros 0478 620 420  
or Jo 0417 057 423



 **Find us on Facebook**  
[facebook.com/abahobart](https://facebook.com/abahobart)



The **Australian Breastfeeding Association (ABA)** began in 1964 as the Nursing Mothers' Association of Australia.

## 24-hour 7-day National Breastfeeding Helpline



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



[breastfeeding.asn.au](https://breastfeeding.asn.au)

**Local breastfeeding counselling—contact:**  
Jo on 0417 057 423

**Out and About with your Baby?  
ABA Accredited Baby Care Rooms**

**Hobart**

- Royal Hobart Hospital—Ground Floor K block
- Myer Store – 3rd floor
- Centrepoint Arcade - lower level
- New Town Plaza (Centro)
- North Hobart Child Health Centre, 29 Strahan St

**Glenorchy**

- Community Health Centre, 2 Terry St
- Northgate Shopping Centre, lower level near escalator

**Eastern Shore**

- Rosny Park – Eastlands Centre (both levels)
- Howrah – Shoreline Shopping Centre

**Kingston**

- Kingston Community Health Centre, 6 Goshawk Way
- Channel Court Shopping Centre, 29 Channel Hwy

**New Norfolk**

- Community Health Service, Circle St

**Bruny Island**

- (Alonnah) Community Health Centre

**Sorell** - Community Health Centre

**Clarendon Vale** - Child and Family Centre

**Ouse** - Central Highlands Community Health

**A.B.N:** 64 005 081 523 **RTO:** 21659



# Australian Breastfeeding Association

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[aba.asn.au/hobartandsurrounds](https://aba.asn.au/hobartandsurrounds)



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