



Australian
Breastfeeding
Association

ASHBURTON / GLEN IRIS GROUP

INFORMATION BULLETIN

DECEMBER 2011 TO MARCH 2012

OUR GATHERINGS

All welcome!

Are you a pregnant mum, partner to one or new to our area or our group? Do you want to get to know other mums in the area or mums with different aged children? Our gatherings are a place where you can do just that. Topics will be discussed between 10:15 and 11:00 leaving plenty of time for morning tea, chat, and personal chat with our counsellors. Our gatherings have a diverse range of participants from first time mums and bubs to mums with bubs and toddlers and also mums who are no longer breastfeeding, all are welcome to any meeting you don't need to have a new baby or be able to come regularly.

Don't worry if you're running late – we all understand it can be difficult to get out the door on time. If you have problems getting to a meeting e.g. have just had a baby but are unable to drive due to caesarean section etc., please contact a group counsellor as we can possibly arrange a lift in a car fitted with appropriate car seat.

Our gatherings are a place where a wide range of opinions can be expressed and heard in a non-judgemental, non-competitive setting. Your participation and shared experiences will be valued. Social evenings are organised from time to time for everyone to attend with or without their baby.

Contact us anytime

While we have scheduled discussion topics, please don't feel that you have to wait until a topic comes up. All our counsellors are very happy to talk about anything, in confidence if you wish. Feel free to approach us anytime, at gatherings or by phone.

No longer breastfeeding?

Our group welcomes anyone with an interest in breastfeeding, whether currently breastfeeding or not. A number of our group have children who have weaned, and we understand that breastfeeding does not always go as planned. Perhaps you would like to learn more for your next baby, or just meet other mums in the area.

Our topics cover a range of general parenting issues as well as breastfeeding, and you and your baby will be welcomed, regardless.

DIARY DATES

Get togethers are from 10:00AM to noon

We usually meet on the first Tuesday, second Monday and last Friday of each month – but please check dates and email reminders as holidays and other events can sometimes alter the schedule.

Monday	19	December	Burwood Uniting Church	End of Year Celebration and a discussion on Coping with Conflicting Advice
Monday	16	January	Burwood Uniting Church	Keeping Baby Cool & BYO Questions
Friday	27	January	Ferndale Park	Chant and play in the park - Join us for an informal chat, coffee and play
Tuesday	7	February	Craig Family Centre	Sleep!
Tuesday	14	February		ABA National Raffle tickets available
Monday	20	February	Burwood Uniting Church	Adjusting to Motherhood
Sunday	26	February	Ashburton Festival	Come and join in the fun (10am-3 pm) - High Street Ashburton
Tuesday	6	March	Craig Family Centre	Weaning

*The discussion usually goes from 10.15 till about 11.00 so there is plenty of time afterwards to chat informally with other mums and ask questions. Bring a small plate of food to share if you can - if not, don't worry.

- **Burwood Uniting Church** – 1 Hyslop Street (Cnr Warrigal Rd), Burwood (Melway 60 G6)
Some parking is available in the Church car park; otherwise there is off-street 2 hour parking at the end of the street and unrestricted parking (one side of each street) in surrounding streets. Enter from Hyslop St, walk past hall and kitchen (on left), enter room at end through double glass doors, turn left and we are in the next room.
- **Craig Family Centre** – Samarinda Ave, Ashburton (Melway 60 E10) Enter through the doors to the medical centre off the car park and then walk almost straight ahead past reception. We meet in the second room on the left.
- **Ferndale Park** – Playground, Glen Iris Rd, Glen Iris (Melway 60 A7) Park on Glen Iris Rd. Milk bar, shade and toilets nearby. Babies, toddlers, preschoolers and older children are all welcome. Please note that a counsellor may not always be in attendance. If weather is wet or extremely hot, relocate to Coffee & Soul Café. If unsure, call or text Angela 0411 702 513
- **Coffee & Soul Café** – 1197 Toorak Rd, Camberwell (Melway 60 D5) Café located b/w Wattle Valley Rd & Glencairn Ave.

CONTACT US

Group email aba.ashburton.gleniris@gmail.com

Breastfeeding Counsellors Cate 9830 8089
Alison 9889 6985
Janice 9889 1163
Mariëtte 9885 7846

Breastfeeding Helpline 1800 mum 2 mum 1800 686 268

Breast Pump Hire Alison 9889 6985
Judy 9889 7862
ABA VIC Branch Office on 9791 4644

Australian Breastfeeding Association www.breastfeeding.asn.au
for breastfeeding information, email counselling, forum, classes.

Mothers Direct www.mothersdirect.com.au
retail subsidiary of the Australian Breastfeeding Association (ABA) and all sales support the ABA's work helping mothers and babies in the community.

Breastfeeding Friendly Workplace www.breastfeedingfriendly.com.au
