



WHAT HAPPENS AT



COFFEE MORNINGS – Why not pack up baby (and children), leave the washing basket behind and join us for a drink, nibbles and friendly chat. These informal gatherings are held once a month and are a great way to meet other mums in your area.



MUMS (BUMPS, BABIES 'N ALL) MORNINGS – A Great way to meet other expectant, new and experienced mums and learn a little more about breastfeeding and parenting. These are informal, friendly meetings with a short discussion, which cater for mothers (and father's and friends) of all ages and stages.



EVENING DISCUSSIONS – These meetings are held once a month in a member's home. They are a little more structured with a specific breastfeeding or parenting topic discussed at more length. Occasionally a guest speaker is invited. They also provide an opportunity to share experiences, ideas and answer questions. The support and confidence we give each other is one of the basic aims of the Australian Breastfeeding Association.

At least one Breastfeeding Counsellor is present at all of our meetings. Please feel free to approach one of them if you would like to have a chat about any of your breastfeeding concerns.



We like to have morning tea or supper at our gatherings, so if you have had a good day, a plate of something to share would be appreciated. Our activities are open to everyone, whether breastfeeding, bottle-feeding or 'past all that'. Pop in for the whole session or just for a little while anytime during the meeting. Please feel free to bring a friend and/or your partner, if you think they may enjoy the gathering.

BABIES ARE ALWAYS WELCOME



australian
breastfeeding
association

HOBSONS BAY GROUP

DIRECTORY & MEETING LIST
October 2011 – March 2012

BREASTFEEDING COUNSELLORS

Virginia ... 9017 5818

Sharon ... 9399 8605

Julie ... 9398 0010

Vanessa ... 9327 4411

Alison ... 9397 8749

Elizabeth ... 9399 8409

Lauren ... 9327 2799

Our Breastfeeding Counsellors are happy to answer your breastfeeding queries. If you are unable to contact Virginia, Sharon, Julie, Vanessa, Alison, Elizabeth or Lauren you may like to call our:

24/7 DAY
BREASTFEEDING HELP-LINE
1800 MUM 2 MUM
(1800 686 268)

Group Coordinator Virginia (Group Administrator / Community Educator) 9017 5818

Trainee Counsellors Alison 9399 8506

Other Group Positions

Breastfeeding Education Class Representative	Lauren	9327 2799
Breast Pump Hire Officer	Alison	9397 8749
Bulletin Editor	Sharon	9399 8605
Fundraiser Co-ordinator	Opportunity	
Group Project Co-ordinator	Virginia	9017 5818
Library Co-ordinator	Sara	0422 941 246
Members Database	Sharon	9399 8605
New Members Co-ordinator	Opportunity	
Photocopier	Opportunity	
Publicity/Showbags	Opportunity	
Social Secretary	Alison	9399 8506
Treasurer	Elizabeth	9399 8409

Group Email: ABAHobsonsBay@gmail.com

Australian Breastfeeding Association

ABN: 64 005 081 523

Web Site: www.breastfeeding.asn.au



Hobsons
Bay Group



October 2011

Mo	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3		5	6	7	8	9
10	11	12	13			16
17	18	19	20	21	22	23
24	25		27	28	29	30
31						

TUE 4TH **EVENING DISCUSSION MEETING**
7.45pm "Toddler/New Baby – New Dynamics"
Venue: Williams Landing Phone Virginia 9017 5818

FRI 14TH **MUMS (BUMPS, BUMS 'N ALL) MORNING**
10:00-11:30am "Sleeping—Like a Baby?"
St Stephen's Church Rooms, 179 Melbourne Rd, Williamstown

SAT 15TH **BREASTFEEDING EDUCATION CLASS**
1:00-5:0pm West Footscray Neighbourhood House, 539 Barkly Street,
Info and Bookings: <http://www.abavic.asn.au/BECs.htm>

WED 26TH **CHILDREN'S WEEK PICNIC**
10:00-11:30am Commonwealth Reserve, Williamstown

November 2011

Mo	Tue	Wed	Thu	Fri	Sat	Sun
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7	8	9	10		12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

TUE 1ST **NO MEETING – MELBOURNE CUP**

FRI 11TH **MUMS (BUMPS, BUMS 'N ALL) MORNING**
10:00-11:30am "Early Days—What to Expect"
St Stephen's Church Rooms, 179 Melbourne Rd, Williamstown

WED 30TH **MORNING COFFEE**
10:00-11:30am St Stephen's Church Rooms, 179 Melbourne Rd, Williamstown

December 2011

Mo	Tue	Wed	Thu	Fri	Sat	Sun
			1	2		4
5		7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

TUE 6TH **XMAS BREAK-UP AT A LOCAL RESTAURANT**
7.45pm Venue: Local Restaurant Ph: Alison 9399 8506
any suggestions for venue most welcome

SAT 3RD **BREASTFEEDING EDUCATION CLASS**
1:00-5:0pm West Footscray Neighbourhood House, 539 Barkly Street,
Info and Bookings: <http://www.abavic.asn.au/BECs.htm>

January 2012

Mo	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12		14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

FRID 13TH **MORNING COFFEE**
10:00-11:30am St Stephen's Church Rooms, 179 Melbourne Rd, Williamstown

February 2012

Mo	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6		8	9	10	11	12
13	14	15	16		18	19
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27	28					

TUE 7TH **PLANNING / COFFEE & CAKE**
7:45pm "Come and make decisions about the direction we take for our meeting plans – or just enjoy the refreshments and company"
Venue: Altona Phone Virginia 9017 5818

FRI 17TH **MUMS (BUMPS, BUMS 'N ALL) MORNING**
10:00-11:30am "Keep Your Cool"
St Stephen's Church Rooms, 179 Melbourne Rd, Williamstown

WED 29TH **MORNING COFFEE**
10:00-11:30am St Stephen's Church Rooms, 179 Melbourne Rd, Williamstown

March 2012

Mo	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5		7	8	9	10	11
12	13	14	15		17	18
19	20	21	22	23	24	25
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TUE 6TH **EVENING DISCUSSION MEETING**
7.45pm "Mammalia—How Others Do It"
Venue: Williamstown Phone Virginia 9017 5818

FRI 16TH **MUMS (BUMPS, BUMS 'N ALL) MORNING**
10:00-11:30am "Breast SOS"
St Stephen's Church Rooms, 179 Melbourne Rd, Williamstown

WED 28TH **MORNING COFFEE**
10:00-11:30am St Stephen's Church Rooms, 179 Melbourne Rd, Williamstown

