



**Australian
Breastfeeding
Association**

**Come and join
our great
group for
breastfeeding
support.**



**Watch your baby
play, your
toddler run
about, and
yourself relax!**

**Breastfeeding
working well for
you now?**

**Imagine how
much support
you could give
other mums!**

**Come, share
your tips and
ideas!**

Bendigo Group - Diary Dates

JULY 2011	Thursday 21st 10-12pm QI—Quite Interesting facts about Breastfeeding	
AUGUST 2011	World Breastfeeding Week 2011 —August 1-7	
	Monday 1st 10-11.30am World Breastfeeding Week Morning Tea Ma Petite Cuisine, Lyttleton Tce, Bendigo	Saturday 6th 1.30-5pm Breastfeeding Education Class Helpers for 3-4 (tea break) welcome
SEPTEMBER 2011	Thursday 18th 10-12pm Breastfeeding and Travelling Sharing tips for a relaxed holiday!	Monday 22nd 7.30-9.30pm Partners and Breastfeeding Private Home—Please call Jennifer (0411021141 for details)
	Monday 5th 1-3pm Quiet Afternoon Tea Venue TBC- Call Jennifer 0411 021141	Thursday 15th 10-12pm One Day at a Time Managing the weaning journey
OCTOBER 2011	Monday 10th 7.30-9.30pm Dessert Night Extravaganza (And a little bit of planning for 2012!) Private Home—Please call Jennifer (0411021141) for details	Thursday 20th 10-12 noon Breastfeeding & Returning to Work
	 Saturday 29th 10am-2pm Baby's Day Out - Picnic at Cooida Park Off McKenzie Street West, Kangaroo Flat	
NOVEMBER 2011	Saturday 5th 1.30-5pm Breastfeeding Education Class Group helpers for afternoon tea (3-4pm) much welcome!	Thursday 16th 10-12 noon Breastfeeding Beyond Babyhood The second year and beyond
	Monday 28th 6.30pm onwards Pre-Christmas dinner - Families Welcome Botanical Hotel, White Hills. RSVP to Jennifer (0411 021 141) by November 20th	
DECEMBER 2011	Thursday 21st 10-12 noon Christmas Cheer (Breastfeeding & the Party Season)	
JANUARY 2012	Thursday 19th 10am-1pm Picnic in the Park White Hills Botanical Gardens (look out for the signs)	

Everyone is welcome to come along to our informal get-togethers.

You do not have to be a member to come to your first couple of meetings.

Meetings are held at the YWCA building, 20 Townsend St, Bendigo unless otherwise noted.

We'd love you to bring a plate to share if you have time

Please call Jennifer on 54393958 for more information

(Or try 0411 021 141 on the day!)