



## Group Meeting Dates for October 2009 – March 2010...

Come and join us for informal discussion, information sharing, mother-to-mother support, and a hot cuppa! Everyone is welcome - bring a small plate of food to share if you can. If not, don't worry. If you're running late, come anyway. Any topic can be discussed at any meeting. There is always a counsellor present and available for your questions or concerns.

**We meet in the morning, 10:00 – 12:00 noon.**

Date	Day	Topic
Nov 16	Mon	<b>Back to basics: Supply and demand – is baby getting enough?</b> – Bowen Street MCH Centre *
Dec 01	Tue	<b>How can I make a difference?</b> – All about ABA – Craig Family Centre ♦
Dec 15	Tue	<b>Coping with the silly season (hot weather, travel, festivities &amp; family)</b> – Bowen Street Community Centre *
Feb 02	Tue	<b>BYO Breastfeeding questions – Here's your chance to raise any unanswered questions. Nothing too big or small!</b> – Craig Family Centre ♦
Feb 15	Mon	<b>Intimacy and breastfeeding – is three a crowd?</b> – Bowen Street MCH Centre *
Mar 02	Tue	<b>The M*** word. Mastitis – What is it? How do I prevent it? What do I do if I get it?</b> – Craig Family Centre ♦
Mar 15	Mon	<b>Sleep!</b> – Bowen Street MCH Centre *

### Chat & Play – Ferndale Park (playground), Glen Iris...

Are you interested in meeting new people but can't come to group meetings? Why not meet us at the Ferndale Park playground for a chat and play? With a milk bar, shade, parking (on Glen Iris Rd) and toilets nearby all we need is your company! Babies, toddlers, preschoolers and older children are all welcome. Please note that a counsellor may not always be in attendance.

**Dates:** Friday Oct 30 2009, Friday Nov 27, Monday Jan 18 2010, Friday Feb 26, Friday Mar 26

**Time:** 10:00am – 12:00pm (come anytime you want)

**Where:** Ferndale Park playground, Glen Iris Rd, Glen Iris (Melway 60 A7) – park on Glen Iris Rd

### Meeting Venues...

\* **Bowen Street MCH Centre & Community Centre** – Bowen St & Toorak Rd, Camberwell (Melway 59 K5) – The MCH Centre is the older building on the left of the car park. The Community Centre is on the right of the car park. Follow the ABA signs. The entry gates are toddler proof.

♦ **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.

## Your Local Group...

Would you like to meet new mothers in the area? Are you feeling a little overwhelmed? Are you receiving lots of conflicting information? Maybe you're interested in one of our discussion topics? Why not come along to a local group meeting for a chat? We'd love to see you!

One of the primary aims of the Australian Breastfeeding Association (ABA) is to give mother-to-mother support to breastfeeding women. At the local level, the ABA is run by counsellors, all mothers, who give their time voluntarily. At least one of our trained counsellors is at every group meeting (see previous page for the group meeting schedule for October – March).



By coming to group meetings you have the opportunity to meet other mothers in the area with breastfeeding babies of varying ages. You also have the chance to access a wide range of breastfeeding and parenting information and to talk to our counsellors and ask any questions you want and/or discuss any problems you may be having. There's always a willing pair of hands to help settle your baby if you need a break. Pregnant, breastfeeding or bottle-feeding mothers are all welcome to attend meetings, as are fathers, friends and grandparents. Children of all ages enjoy the opportunity to play too! We hope to see you at our next meeting.

### Personal perspectives...

“That first meeting was so reassuring. For a start I was really made to feel welcome as soon as I arrived. People I had never met before seemed really happy to see me and Felix. I was even congratulated for getting out with such a young baby.”

Emma, mum of Felix (now 1 year)

----

“It has been a great way to meet people and since it is a locally based group, it has helped make me feel part of the community.”

Vanessa, mum of Sarah (now 1 year)

----

“The discussion topics are interesting and there are usually mothers with babies, toddlers and children from a range of ages – it's a great way to share strategies and even just to reinforce the idea that if I'm finding something challenging, chances are others have too, and 'this too shall pass'.”

Cate, mum of Lachlan (8 years) and Tessa (2 years)

----

“I have met many lovely mothers and their gorgeous babies of varying ages and have made a number of friends. Most of the counsellors have school aged children so I have found hearing about their experiences when their children were younger to be invaluable.”

Suzette, mum of James (3.5 years)