

Your Local Group Meeting Program

April 2010- Sept 2010

Our meetings are informal gatherings where we can share experiences. At all of our meetings trained breastfeeding counsellors (who are also mothers) are available to provide information and support. New, expectant, bottle or breastfeeding mothers all welcome! Toddlers welcome! At any of our meetings a 'plate' to share is always appreciated if you have the time.

Gwendoline Children's Centre, Hancock St, Berwick M111 A12

Pakenham Springs Children's Centre, cnr Livingstone /Heritage Bvd, Pakenham

Lakeside Children's Centre, 2 Olympic Way, Pakenham, 3810



australian
breastfeeding
association

	Endeavour Hills, Doveton, Hallam, Hampton Park, Narre Warren, Berwick, Beaconsfield and Pakenham Group
April 2010	Tuesday 20 th April – Gwendoline Centre – 10am-noon Introducing a new family member. Contact Kristianna 97057829
	Friday 23 rd April – Pakenham Springs Centre - 10am-noon Breastfeeding and Alcohol. Contact Bec 87948881
May 2010	Monday 3 rd May – National Mothering Week at Gwendoline Centre 10am-noon. Together we do it better. Contact Shelley 97992389
	Friday 14 th May – Lakeside Children's Centre – 12.30-2.30pm Mums meeting mums. Contact Roanna 0457800092
	Tuesday 18 May – Gwendoline Centre – 10am-noon. Baby led attachment. Contact Melissa 87868999
	Thursday 20 th May at 7pm. Dessert at Roanna's Everyone bring a plate. Contact 0457 800 092
	Friday 28 th May - Pakenham Springs Centre - 10am-noon Baby led weaning. Contact Ruth 97025409
June 2010	Monday 7 th June – Gwendoline Centre – 10am-noon. Breastfeeding and weight loss. Contact Shelley 97992389
	Friday 11 th June – Lakeside Childrens Centre – 12.30-2.30pm. Breastmilk the superfood. Contact Roanna 0457 800 092
	Tuesday 15 th June – Gwendoline Centre – 10am-noon. Crying and Coping. Contact Kristianna on 9705 7829
	Friday 25 th June - Pakenham Springs Centre - 10am-noon Breastfeeding in the early days. Contact Bec 87948881
July 2010	Monday 5 th July – Gwendoline Centre – 10am-noon. Mastitis-Avoiding and treating. Contact Shelley 9799 2389
	Friday 16 th July – Lakeside Childrens Centre – 12.30-2.30pm. Expressing and storing breastmilk. Contact Roanna 0457 800 092
	Tuesday 20 th July – Gwendoline Centre – 10am-noon. Ready to go out alone? Contact Kristianna on 9705 7829
	Friday 23 rd July - Pakenham Springs Centre - 10am-noon About ABA! Contact Ruth 9702 5409

August 2010	Monday 2 nd August – Gwendoline Centre – 10am-noon Milk Supply. Contact Shelley 97992389
	Friday 13 th August – Lakeside Childrens Centre – 12.30-2.30pm. Breastfeeding and your legal rights. Contact Leonie 9769 5160
	Tuesday 17 th August – Gwendoline Centre – 10am-noon Ouch! Contact Kristiana 9705 7829
	Tuesday 24 th August at 8pm. Planning meeting. Contact Kristianna 9705 7829
	Friday 27 th August - Pakenham Springs Centre - 10am-noon Toddlers- Tactics, Tantrums &Toileting. Contact Bec 8794 8881
Sept 2010	Monday 6 th Sept – Gwendoline Centre – 10am-noon Baby massage. Contact Shelley 97992389
	Friday 10 th Sept – Lakeside Childrens Centre – 12.30-2.30pm. Guest speaker. Contact Roanna 0457 800 092
	Tuesday 21 st Sept – Gwendoline Centre – 10am-noon Coffee morning-bring a question, bring a friend. Contact Kristianna 9705 7829
	Friday 24 th September - Pakenham Springs Centre - 10am-noon Bring a friend, bring a question. Contact Ruth 97025409

Email contact: berwickpak@solcraft.com.au

Counselling contacts for Endeavour Hills-Berwick-Pakenham:

please note- you are calling these volunteers in their home.

Shelley 97992389, Leonie 97695160, Ruth 97025409, Bec 87948881,
Helen 97999735, Melissa 87868999, Jenny 97025991

Community Educators

Kristianna 97057829, Roanna 0457 800 092

**24 Hour Breastfeeding
Helpline 1800 MUM 2 MUM**