

## [Join Now](#)

You can receive expert assistance from trained volunteer breastfeeding counsellors and friendship and practical support from other mothers.

In addition to the complimentary services ABA offers, Individual Membership includes:

**Book** – Our welcome gift to you! Usually \$34.95, you'll receive a complimentary copy of our book *Breastfeeding...naturally* (fully revised and updated in 2011). *Breastfeeding...naturally* can help answer the questions every parent has about breastfeeding. It covers topics from preparing for breastfeeding, to solving problems and managing the changing needs of your growing baby. Written in simple non-medical language, it's easy to follow and to find what you need too!

**E-newsletter** – Have the latest news, information and special offers from the Australian Breastfeeding Association emailed directly to you every month. Read about current activities and be connected to resources to support you in your breastfeeding and parenting journey.

**My Savings\*** - It can be challenging balancing the budget with a young family. With our My Savings program you can save where it counts - on items like food, groceries and fuel that you buy every week (as well as things like gifts, travel and movie tickets). With discounts from many retailers such as Woolworths, Coles and Big W, the average family can save \$1,500 a year.  
*\*Only available to eligible members joining or renewing on or after January 1st 2012*

**Mothers Direct** - As an ABA member, you will enjoy a 10% discount on all your purchases from our retailer Mothers Direct. Mothers Direct specialises in useful, quality products for breastfeeding, expressing and early parenting. Its stores are located in Melbourne and Brisbane as well as the [online](http://www.mothersdirect.com.au) store: [www.mothersdirect.com.au](http://www.mothersdirect.com.au)

**Half price breast pump hire** - Members save 50% when they hire a breast pump through our retailer Mothers Direct or their local group. Whatever your reason for needing a breast pump, a trained breast pump hiring officer can support you in getting the most out of expressing.

Gain the knowledge and help you need and be connected with a caring and supportive network.

*The Australian Breastfeeding Association is funded primarily by subscriptions. They enable the ABA to carry on its work educating and supporting mothers and health professionals about breastfeeding. The ABA is Australia's largest breastfeeding information and support service, with more than 250 local support groups and over 1000 volunteer counsellors nationwide. ( \*Prices current at 16 June 2011)*

*Thanks to the office of Geoff Shaw MP for assistance with printing*

## **Frankston Group – What's On**

*ABN 64 005 081 523*

### **Need a Breast Pump?**

*You can hire an electric Breast Pump for as long as you need one. All breast pump hire enquiries should be directed to the Vic Branch Office on 9791 4644. Our service includes consultation with a trained Breastfeeding Counsellor and ongoing information and support with a 50% discount on hire for all members.*

### **Welcome to the Frankston Groups meeting list for January to June 2012**

The Australian Breastfeeding Association provides mum to mum support for all mothers. You can meet other local mums; learn about breastfeeding and exchange ideas on the skills (and challenges!) of mothering in the 21st century. You don't have to be a breastfeeding mother to come along and benefit from the friendly, supportive network of mums.

There is a trained Breastfeeding Counsellor at all meetings and available to all mums through our

**24 Hour Helpline: 1800 mum 2 mum  
1800 686 268**

Or by contacting one of our local Frankston Counsellors:

Kathy	59787021	Sally	97766464
Janette	97767549	Wendy	9783 6870
Pam	9781 1660	Yvette	9770 2770
Chris	9781 2819	Kintara	9775 7703



**Australian Breastfeeding Association  
Frankston Group Meetings  
January to June 2012**

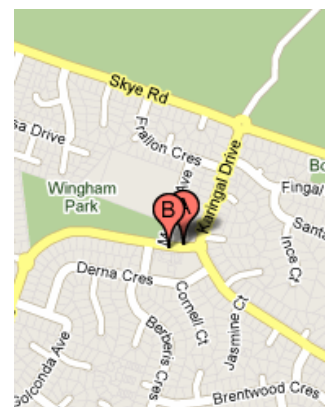
*As the unexpected can occur, you might like to call Kathy on 59787021 or 0411127997 to confirm meeting details. A trained Breastfeeding Counsellor attends all meeting. If you are able to bring a plate (or packet) to share, it would be appreciated. We look forward to meeting you!*

**Venue Details**

On the third Thursday of every month, a meeting is held at **Karingal Place** from **1pm to 230pm**. There is plenty of off street parking available and accessible via public transport. Karingal place is a beautiful new building where we will be utilising facilities purpose built for kids and families in the Frankston Area. Follow the signs to the occasional care room for an afternoon of fun!

[http://www.frankston.vic.gov.au/Family\\_and\\_Youth/Community\\_Support\\_and\\_Neighbourhood\\_Houses/index.aspx](http://www.frankston.vic.gov.au/Family_and_Youth/Community_Support_and_Neighbourhood_Houses/index.aspx)

Karingal Place  
103 Ashleigh Avenue, Frankston 3199  
Phone: 8786 6656  
email: [karingal@satlink.com.au](mailto:karingal@satlink.com.au)



Our second venue remains the hall located in the out buildings of Frankston Hospital. **John Madder Hall**: Look for the blue building in the car park. There is a bus stop immediately in front of the Hospital for those who use Public Transport and it is adjacent to The George Pentland Botanic Gardens where there is extra parking. We will be holding meetings here between **10am and 12noon** on the 1<sup>st</sup> Friday of every month. See map, link and address below.

**4 Hastings Rd, Frankston VIC 3199**  
**Ph: 9784 7777**  
**Melways Ref: 102 E4**



[http://maps.google.com.au/maps?f=q&source=s\\_q&hl=en&q=leisure&ll=38.164627,145.128751&sspn=0.009684,0.020406&ie=UTF8&radius=0.67&split=1&rq=1&ev=zi&hq=leisure&hnear=&ll=38.161877,145.129802&spn=0.010106,0.020406&z=16](http://maps.google.com.au/maps?f=q&source=s_q&hl=en&q=leisure&ll=38.164627,145.128751&sspn=0.009684,0.020406&ie=UTF8&radius=0.67&split=1&rq=1&ev=zi&hq=leisure&hnear=&ll=38.161877,145.129802&spn=0.010106,0.020406&z=16)

<b>January</b>	<u><b>Summer Break</b></u>	<u><b>Summer Break</b></u>
<b>February</b>	Friday 3rd 10am – 12noon John Madder Hall 4 Hastings Rd Frankston  <u><b>The environmental benefits of breastfeeding</b></u>	Thursday 16th February 1-230pm Karingal Place; 103 Ashleigh Avenue, Frankston  <u><b>Drop in and Breastfeeding Counselling</b></u>
<b>March</b>	Friday 2 <sup>nd</sup> March 10am – 12noon John Madder Hall 4 Hastings Rd Frankston  <u><b>How to-Baby and Toddler!</b></u>	Thursday 15 <sup>th</sup> March 1 – 230pm Karingal Place; 103 Ashleigh Avenue, Frankston  <u><b>Drop in and Planning Meeting</b></u>
<b>April</b>	Friday 6 <sup>th</sup> April 10am-12noon John Madder Hall 4 Hastings Rd Frankston  <u><b>Drop in and Breastfeeding Counselling</b></u>	Thursday 19 <sup>th</sup> April 1-230pm Karingal Place; 103 Ashleigh Avenue, Frankston  <u><b>Introducing Solids- how, when and why</b></u>
<b>May</b>	Friday 4 <sup>th</sup> May 10am-12noon John Madder Hall 4 Hastings Rd Frankston  <u><b>National Mothering Week</b></u>	Thursday 17 <sup>th</sup> May 1-230pm Karingal Place; 103 Ashleigh Avenue, Frankston  <u><b>Drop in and Breastfeeding Counselling</b></u>
<b>June</b>	Friday 1 <sup>st</sup> June 10am-12noon John Madder Hall 4 Hastings Rd Frankston <u><b>Snack foods for toddlers and babies</b></u>	Thursday 21st June 1-230pm Karingal Place; 103 Ashleigh Avenue, Frankston  <u><b>Expressing and Storing Breast Milk</b></u>