

Australian Breastfeeding Association
Wyndham Group

For meeting & general enquiries contact
Kathryn at kward1977@yahoo.com.au
or 87426211 or 0415 304 723

For administration enquiries contact
Tatiana at tatiana.sel@gmail.com
or 0401 229 093

For help with breastfeeding please call
the 24 hour, 7 day a week helpline



Breastfeeding Helpline
1800 mum 2 mum

1800 686 268

or one of your local
Breastfeeding Counsellors

Kathryn 8742 6211 or 0415 304 723
Tatiana 0401 229 093

Breast Pump Hire Pricing

Ameda Elite:

Deposit : \$50
Full price : \$15pw members/
\$30pw non members

KITS \$59.95 single/
\$79.95 double

For further information on Breast Pump
Hire please contact Kathryn on 8742 6211
or Tatiana on 0401 229 093.

ABA Wyndham Group Calendar

OCTOBER 2011

- Mon 17th ☼ 9:30am **Wyndham Chat & Play**
Arndell Park Comm. Cntr - Rm 2
29-49 Federation Blvd, Truganina
(Mel Ref 203:E9)
- Sat 23rd ☼ All Day **Werribee Park Children's Picnic**
ABA will man the Feed & Change Tent
K Road, Werribee South
(Mel Ref 201:B3)

NOVEMBER

- Mon 7th ☼ 9:30am **Wyndham Chat & Play**
Arndell Park Comm. Cntr - Rm 2
29-49 Federation Blvd, Truganina
(Mel Ref 203:E9)
- Mon 21st ☼ 9:30am **Breastfeeding Myths**
Arndell Park Comm. Cntr - Rm 2
29-49 Federation Blvd, Truganina
(Mel Ref 203:E9)

DECEMBER

- Mon 5th ☼ 9:30am **What is ABA?**
Learn more about what ABA does
Arndell Park Comm. Cntr - Rm 2
29-49 Federation Blvd, Truganina
(Mel Ref 203:E9)
- Wed 14th ☼ 7:00pm **End of Year Dinner**
Contact Kathryn for details and RSVP
on 0415 304 723
or on kward1977@yahoo.com.au
- Mon 19th ☼ 9:30am **What to do with 2**
Tips for new baby and toddler
Arndell Park Comm. Cntr - Rm 2
29-49 Federation Blvd, Truganina
(Mel Ref 203:E9)

JANUARY 2012

- Mon 16th ☼ 10:00am **Werribee Park Garden Meeting**
Contact Kathryn for exact meeting
location on 0415 304 723
K Road, Werribee South
(Mel Ref 201:B3)

FEBRUARY

- Mon 6th ☼ 9:30am **Wyndham Chat & Play**
Arndell Park Comm. Cntr - Rm 2
29-49 Federation Blvd, Truganina
(Mel Ref 203:E9)
- Mon 20th ☼ 9:30am **Food Intolerances & Breastfeeding**
Arndell Park Comm. Cntr - Rm 2
29-49 Federation Blvd, Truganina
(Mel Ref 203:E9)

MARCH

- Mon 5th ☼ 9:30am **Wyndham Chat & Play**
Arndell Park Comm. Cntr - Rm 2
29-49 Federation Blvd, Truganina
(Mel Ref 203:E9)
- Mon 19th ☼ 9:30am **What's in Breastmilk?**
Arndell Park Comm. Cntr - Rm 2
29-49 Federation Blvd, Truganina
(Mel Ref 203:E9)

NEW MEETING LIST COMING SOON!!

APRIL

- Mon 16th ☼ 9:30am **Wyndham Chat & Play**
Arndell Park Comm. Cntr - Rm 2
29-49 Federation Blvd, Truganina
(Mel Ref 203:E9)

What is Chat & Play?

*Chat & Play is our casual morning get-together.
Do you just need to get out of the house because you need adult
conversation or the children are driving you crazy??
Bring the kids, bring a friend and/or bring a question either for general
discussion or to ask a breastfeeding counsellor one-on-one.
Come join us for a cuppa and let our little ones play together.
We have a number of activities for the kids to do and if the weather is
fine, we have access to a small outdoor play area.*

KEY	☼	= Morning Meeting
	☾	= Night Discussion
	☼	= Something Special
	☼	= Planning Meeting
	☼	= Group Helper Mtg



Australian Breastfeeding Association
Wyndham Group

Local Mums
Local support
Local get-togethers
Local friends
Local fun

Get the support you need to reach your
breastfeeding goals.



Are you a subscriber yet?

Subscribe to the
Australian Breastfeeding Association

now at

www.breastfeeding.asn.au

or by contacting our Membership

Secretary

Melanie on 0405 029 442 or

melanie@earendel.com

New subscribers will receive a **FREE** copy
of ABA's comprehensive book
"Breastfeeding ... naturally"
(RRP \$34.95)*

This offer excludes six-month gift subscriptions

"Did you know that all Australian Breastfeeding Association Counsellors are volunteers and receive no payment for the work they do? Your subscription enables us to train breastfeeding counsellors and to provide support and information to mothers."



Vision:

Breastfeeding is the normal way to feed and nurture infants, with babies being breastfed exclusively for 6 months and continuing to breastfeed for 2 years and beyond.

Our mission:

- As Australia's leading authority on breastfeeding, we:
- educate society and support mothers, using up-to-date research findings and the practical experiences of many women.
 - influence society to acknowledge breastfeeding as normal and important to parenting and the physical and mental health of babies, children and mothers.

Australian Breastfeeding Association
ABN: 64 005 081 523



australian
breastfeeding
association

**Get the support you need
to reach your
breastfeeding goals.**

**Join us at a local
group meeting.**

Wyndham Group
**Australian
Breastfeeding
Association**

October 2011 - March 2012
Meeting Calendar

www.breastfeeding.asn.au

A special thank you to the office of Julia Gillard for photocopying our Meeting Calendar