



**Australian
Breastfeeding
Association**

The Australian Breastfeeding Association (ABA) is a non-profit organisation founded in 1964 that provides information and support to breastfeeding mothers.

The Chelsea group of the ABA covers the suburbs of Aspendale, Aspendale Gardens, Chelsea, Chelsea Heights, Bonbeach, Edithvale, Carrum and Patterson Lakes. Join us at one of our friendly get-togethers to find out more about breastfeeding, have a cuppa and chat with other breastfeeding mothers and their babies/toddlers or get help with your individual breastfeeding needs.

A trained volunteer breastfeeding counsellor is present at all get-togethers. You are welcome to attend your first two get-togethers as a visitor. ABA members can attend as often as they like for just \$65 per year. It's easy to subscribe in person at any meeting or online.

For more information on the Chelsea group please:
call our Group Leader Susan on 0416 190 907
or email us at abachelsea@gmail.com

24-hour Breastfeeding Helpline
1800 686 268

The National Breastfeeding Helpline is supported by funding from
the Australian Government

www.breastfeeding.asn.au



**Australian
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Association**

**Chelsea Group
What's On
December 2011 -
February 2012**

Everyone is welcome!

*We welcome all mums, partners, support persons,
friends, babies and toddlers. Mums are welcome
whether you are pregnant, fully breastfeeding,
partially breastfeeding, bottle-feeding or expressing.*

Our Group Contacts:

Group Leader/ Counsellor/ Breast pump Hire:
Susan: 0416 190 907

**Counsellor/ Newsletter/
Group Project Co-ordinator :**
Anita : 0400 177 353

Trainee Counsellor/ Library:
Brooke: 0434 951 042

Email us at: abachelsea@gmail.com

24 hour Breastfeeding Helpline:
1800 686 268



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Chelsea Group - What's On December 2011 - February 2012

*All meetings (unless specified) are held at the Chelsea Maternal and Child Health Centre Meeting Room
Cnr Thames Prom & Station Street, Chelsea.*

December

Monday 5th
10.30-12.00

Topic - Keeping Baby Cool

Come along and hear about what you can do to keep your baby comfortable during hot weather.

Wednesday 21st December
10.30 - 12.00

Drop in and Chat

Come and meet some other mums & babies for a social chat. A breastfeeding counsellor will be there to answer any questions.

January

Wednesday 18th
10.30 - 12.00

Topic - Breast and Nipple Care

If you deal with problems straight away you may stop them getting worse. We have some simple suggestions that may help.

Tuesday 31st
10.30 - 12.00

Drop in and Chat

Come and meet some other mums & babies for a social chat. A breastfeeding counsellor will be there to answer any questions.

February

Wednesday 15th
10.30 - 12.00

Drop in and Chat

Come and meet some other mums & babies for a social chat. A breastfeeding counsellor will be there to answer any questions.

Monday 27th
10.30 - 12.00

Topic - Too Little, Too Much

Learn more about how breastmilk is made, how to tell how much you're making and how to handle an over or under supply.