

GROUP HELPERS

PHONE DIRECTORY

Group Leader & Breastfeeding Counsellor **Angela Forster** **8768 8996**
Email: forsterfamily7@bigpond.com

Breastfeeding Counsellors **Annette Wallace** **5978 5146**

Treasurer **Annette Taylor**
Breast Pump Co Ordinator **Yvette O'Dowd** **9791 4644**
Sales Co-ordinator **Opportunity**
Library **Heather Vona** **9793 9445**
Publicity Officer **Nicole Bayliss**
Group Project **Annette Wallace** **5978 5146**
Raffle Coordinator **Opportunity**

NEIGHBOURING GROUP COUNSELLOR

Cranbourne **Samantha Walker** **9782 9893**
Email: samwalker1@netspace.net.au

Breastfeeding Education Classes

Date	Time	Place
Thursday 18 th March 2010	7pm	Carrum Downs
Thursday 15 th April 2010	7pm	Carrum Downs
Sunday 16 th May 2010	2pm	Peninsula Venue - TBA
Monday 21 st June 2010	7pm	Carrum Downs
Tuesday 13 th July 2010	7pm	Carrum Downs
Sunday 15 th August 2010	2pm	Peninsula Venue - TBA

For more details and bookings please contact Yvette 9791 4644



Australian Breastfeeding Association Carrum Downs Group Meeting Program

March 2010 to August 2010

Welcome to the Carrum Downs Group of the Australian Breastfeeding Association. Our friendly group of mother's meet regularly and new faces are always very welcome. The Australian Breastfeeding Association meetings offer support and friendship to all mums. It is a terrific opportunity to meet other mum's in your local area, learn about breastfeeding and exchange ideas on the skills of mothering. You don't have to be a breastfeeding mother to come along and benefit from this friendly supportive network of mother's. Please feel welcome to bring along a friend with you if you like – toddlers are always welcome too!

(If you are able, please bring a plate of food to share.)

There is always a trained breastfeeding counsellor at each meeting. Counsellors are also available via our 7 day a week Breastfeeding Helpline or for you to contact personally outside of meeting times, please try the Carrum Downs Group counsellors:

Angela Forster **8768 8996**
Annette Wallace **5978 5146**

The AUSTRALIAN BREASTFEEDING ASSOCIATION 24 HOUR

BREASTFEEDING HELPLINE NUMBER IS 1800 686 2 686

**www.breastfeeding.asn.au (email counselling, forum and podcasts)
mothersdirect.com.au (sales enquiries)**

****On very rare occasions the venues for meetings may need to be changed. If you are unsure or attending a meeting for the first time, please feel free to contact one of the above counsellors for more information.**

Carrum Downs Group Gatherings

March 2010 – August 2010

March	April	May	June	July	August
<p>Tuesday 2nd 10.30 -12.30</p> <p>Understanding Supply</p> <p>Camm Rd MCHC Cranbourne</p>		<p>Tuesday 4th 10.30 – 12.30</p> <p>National Mothering Week</p> <p>Camm Rd MCHC Cranbourne</p>	<p>Tuesday 1st 10.30 – 12.30</p> <p>Safety in the Home</p> <p>Camm Rd MCHC Cranbourne</p>	<p>Tuesday 6th 10.30 – 12.30</p> <p>Breastfeeding Basics</p> <p>Camm Rd MCHC Cranbourne</p>	<p>Tuesday 3rd 10.30 – 12.30</p> <p>World Breastfeeding Week</p> <p>Camm Rd MCHC Cranbourne</p>
		<p>Monday 10th 7.30pm onwards</p> <p>Social Night Curry Town Indian Restaurant Carrum Downs</p>			
<p>Wednesday 17th 1.00 –2.45</p> <p>Coffee Afternoon</p> <p>Belvedere Community Centre Seaford</p>	<p>Wednesday 21st 1.00 – 2.45</p> <p>About The Australian Breastfeeding Association</p> <p>Belvedere Community Centre Seaford</p>	<p>Wednesday 19th 1.00 – 2.45</p> <p>Night Time Parenting</p> <p>Belvedere Community Centre Seaford</p>	<p>Wednesday 16th 1.00 – 2.45</p> <p>Coffee Afternoon</p> <p>Belvedere Community Centre Seaford</p>	<p>Wednesday 21st 1.00 – 2.45</p> <p>Planning Meeting</p> <p>Belvedere Community Centre Seaford</p>	<p>Wednesday 18th 1.00 – 2.45</p> <p>Coffee Afternoon</p> <p>Belvedere Community Centre Seaford</p>
<p>Friday 26th 10.00 – 12.00</p> <p>Weaning</p> <p>Justine's –</p>	<p>Friday 30th 10.00 – 12.00</p> <p>Coffee Morning</p> <p>Annette W.'s –</p>	<p>Friday 28th 10.00 – 12.00</p> <p>Coffee Morning</p> <p>Annette T.'s –</p>	<p>Friday 25th 10.00 – 12.00</p> <p>Breastfeeding Through Pregnancy and Beyond</p> <p>Angela's –</p>	<p>Friday 30th 10.00 – 12.00</p> <p>Why Breastfeed?</p> <p>Justine's –</p>	<p>Friday 27th 10.00 – 12.00</p> <p>First Aid for Children</p> <p>Angela's –</p>

For further details on please contact Samantha 9782 9893 on or Angela on 8768 8996