



australian
breastfeeding
association

SOUTHERN METROPOLITAN REGION

GROUP CONTACTS & WHAT THEY OFFER

- ❖ **Cronulla-Sutherland Group (includes Menai)**
- ❖ **Engadine-Helensburgh Group (includes Bundeena)**
- ❖ **St George Group (includes Bankstown)**

The Australian Breastfeeding Association (ABA) is a voluntary, non-profit organisation, which aims to support, educate & encourage mothers who wish to breastfeed their babies.

We see breastfeeding as an aid to skilled and loving mothering and welcome all new mothers to join and share their experiences.

What does your Local Group have to offer?

- ❖ Meetings are held regularly and take the form of an informal group discussion. Mothers and mothers-to-be, young children, babies, grandparent's, partners and friends are all welcome. Great varied topics of discussion across the southern region. So you can choose to go along to any of them.
- ❖ Trained breastfeeding counsellors are present at all group meetings to discuss issues within the group or on a one-on-one basis, if required.
- ❖ Mother to mother support and establishment of enduring friendships.
- ❖ Electric breast pump hire.
- ❖ Information: Our booklets are up to date and informative and can be purchased over the phone or with our sales representative at the meetings.
- ❖ Confidential telephone counselling: You can ring one of your local counsellors (see below) or use the * 7 day Breastfeeding Helpline, written on footer of this page.
- ❖ Sales: ABA has a wide range of literature and other mothering aids for sale. You can make contact with you local sales rep. Or purchase on our group meetings.
- ❖ Library: Group libraries offer a range of books on breastfeeding and parenting. The library is available to members at group meetings or by calling your local group librarian.
- ❖ "Essence": This is the national magazine with recent articles and information, as well as discussion topics where mothers write to share a specific experience, for example, working and breastfeeding, recurrent mastitis, allergies, etc. Only Members receive this publication.

Group Contacts: GL= Group Leader, BP = Breastpump hirer.

Note: All Names written below are Qualified Australian Breastfeeding Association Counsellors

RING THE GROUP LEADER OF YOUR LOCAL GROUP TO FIND OUT DETAILS OF WHEN THEIR NEXT MEETING IS HELD

Cronulla-Sutherland

Penny (GL)(BP)	9501-2915
Jane	9589-0127
Suzy	9520-3777

Engadine/Helensburgh

Alison (BP)	9520-3392
Jenny	4267-3987
Catherine	9548-0474
Lee (BP)	4294-1114
Sally (GL)	9520 5274

St George

Norida	9591-9585
Yiota BP	9546-4955
Helen (GL) BP	9553-8819
Anne B (GL)	9587-3591
Janette	9585-9797
Anne A	9534-5889

Bankstown

Mary	9793 1834
Athena	9824-3373

***BREASTFEEDING HELPLINE (7 Days) 8853 4999**