



australian  
breastfeeding  
association

# Southern Cross Group

November 2009 to February 2010

Aranda, Belconnen, Bruce, Cook, Emu Ridge, Florey, Hawker, Higgins, Holt, Latham, Macgregor, Macquarie, Page, Scullin and Weetangera

We welcome mothers, babies, toddlers, carers and families.  
You are welcome, even if your baby has weaned.

## November

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Mon 2	10am-12pm	<b>Playgroup, Cook</b>
Mon 9	10am-12pm	<b>Coffee Morning for Pregnant Ladies and Babies under 12 months, Aranda</b>
Mon 16	10am-12pm	<b>Playgroup, Cook</b>
Wed 18	7.30pm	<b>Discussion topic: Feedback from the ACT/Southern NSW Branch Conference, Florey</b>
Thu 19	10am-12pm	<b>Discussion topic: About ABA, Fraser</b>
Mon 23	10am-12pm	<b>Coffee Morning for Pregnant Ladies and Babies under 12 months, Dunlop</b>
Thu 26	10am-12pm	<b>Discussion topic: Breastfeeding in Public, Holt</b>
Mon 30	10am-12pm	<b>Playgroup, Cook</b>

## December

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Tue 1	7.30pm	<b>Discussion topic:, Breastfeeding Questions and Desserts Night, Latham</b>
Mon 7	10am-12pm	<b>Coffee Morning for Pregnant Ladies and Babies under 12 months, Aranda</b>
Wed 9	10am-12pm	<b>Discussion topic: Keeping Baby Cool This Summer, Evatt</b>
Mon 14	10am-12pm	<b>Playgroup, Cook</b>
Tue 15	10am-12pm	<b>Discussion topic: Weaning, Page</b>

## January

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Fri 15	9.30am	<b>Splash About at Dickson Pool, Dickson</b>
Mon 18	10am-12pm	<b>Coffee Morning for Pregnant Ladies and Babies under 12 months, Dunlop</b>
Wed 20	7.30pm	<b>Movie Night, Weetangera</b>
Thu 28	7.30pm	<b>Munchies and Planning Meeting, Weetangera</b>

## February

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Mon 1	10am-12pm	<b>Coffee Morning for Pregnant Ladies and Babies under 12 months, Aranda</b>
Thu 4	10am	<b>Indoor Play at Kid City, Mitchell</b>
Mon 8	10am-12pm	<b>Playgroup, Cook</b>
Fri 12	10am-12pm	<b>Discussion topic: Breast and Nipple Care, Aranda</b>
Mon 15	10am-12pm	<b>Coffee Morning for Pregnant Ladies and Babies under 12 months, Dunlop</b>
Fri 19	10am-12pm	<b>Discussion topic: Introducing Solids, Fraser</b>
Mon 22	10am-12pm	<b>Playgroup, Cook</b>
Wed 24	10am-12pm	<b>Discussion topic: Night Time Parenting, Hawker</b>
Fri 26	10am-12pm	<b>Survival Meals Cook-up, Latham</b>

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### Southern Cross Group Contacts

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Website: [http://astock.site.net.au/SC\\_ABA.htm](http://astock.site.net.au/SC_ABA.htm)

### 7 Day Breastfeeding Helpline

☎ 1800 MUM 2 MUM  
(1800 686 2 686)  
[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

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The Australian Breastfeeding Association is an organisation of people interested in the promotion and protection of breastfeeding. Amongst these are breastfeeding women, their partners and health professionals such as doctors, lactation consultants and midwives. ABA was founded in 1964 with the aim of giving mother-to-mother support to breastfeeding women.

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