

## The Southern Highlands Australian Breastfeeding Association

The Australian Breastfeeding Association is a volunteer organisation formally known as Nursing Mothers Association Australia. We aim to provide mother to mother support, education and the latest information to support and protect breastfeeding. We aim to work in cooperation with health professionals and enjoy a good relationship with Community Health and the local hospital. We hold monthly group meetings in Bowral every month, own a hospital grade breast pump for hire and have a comprehensive library. ABA also funds the Lactation Resource Centre, which contains a comprehensive collection of research articles and produces a quarterly journal, Breastfeeding Review. Please contact or refer mothers to Group Leader and trained volunteer Breastfeeding Counsellor, Meredith Wilson 0248899935 or 0427 260977 for further information and refer to our website [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au) for breastfeeding information and resources.