



Breastfeeding services in the Campbelltown

National Breastfeeding Helpline

As breastfeeding mothers, our counsellors know that breastfeeding may not always seem easy. They can provide reassurance and give you knowledge about how breastfeeding works and help in overcoming common hurdles. Telephone Counselling is available free to all callers. Interpreters available. **Phone: 1800 686 268**

www.breastfeeding.asn.au/breastfeeding-helpline

Adelaide Mummy Meetings

There are thousands of women out there that have questions to ask during these hard times of raising a baby. Having children can be quite isolating, Adelaide Mummy Meetings is here to help you get in touch with local mums in a hope that you can establish some new friendships and support networks.

Phone: Megan 0404 977 780

megs@adelaidemummymeetings.com.au

www.adelaidemummymeetings.com.au

The Women's and Children's Health Network (WCHN) Parent Helpline (24 hours)

Available to parents of children from birth to 12 years who live anywhere in South Australia.

Staff are qualified child health nurses and available 7 days per week. **Phone: 1300 364 100**

<http://www.cyh.com/SubContent.aspx?p=479>

Australian Breastfeeding Association

The ABA was founded by a group of mothers with the aim of helping other mothers and this 'mother-to-mother' support is the keystone of our local groups. You can come along and meet new friends, chat to and get hints and tips from other mothers who've 'been there' and talk to a trained, volunteer breastfeeding counsellor if needed. **Phone: 8333 3276**

Unley - Burnside contact: Trish Pepper

trishaba.ub@gmail.com

North Eastern Suburbs contact: Michelle How

contactabanortheasterngroup@gmail.com

<https://www.breastfeeding.asn.au/contacts/groups>

santofficemanager@breastfeeding.asn.au

Family & Baby Program - Torrens House

A free service to families with infants aged up to 12 months who are accommodated for a 3½ day stay, Tuesday - Friday (the unit is not open at other times). Families are admitted to Torrens House when requiring additional assistance with unresolved feeding, settling and sleeping issues to provide more intensive support to address identified health issues. **Phone: 8303 1522**

www.cyh.com/library/torrens_house_brochure.pdf

Child and Family Health Centres (CaFHS) services

The SA Child & Youth Health Service run child and family health centres provide regular appointments and baby check-ups, parenting courses, breastfeeding help, baby feeding help, childhood immunisation clinics and specialist services when you need some extra help and advice over the telephone. Most of these services are offered free of charge to residents of Adelaide. **Phone: 1300 733 606**

This service is located at: IL NIDO Children's Centre, Ind Street, Paradise

<http://www.ilnidocc.sa.edu.au/health.htm>

