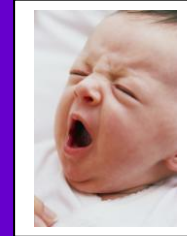
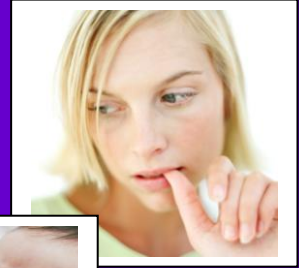


# BEING MUMS



A day time group program for mothers with their babies who are under 12 months old

The Being Mums program is held in two different locations:

## Seaforth



Health  
Northern Sydney  
Local Health Network

**Where:** Dalwood Family Care Centre, 21 Dalwood Avenue, Seaforth  
(enter from Callicoma Rd)

**Contact:** for further information and to register phone: 9951 0322  
or Deb Stenmark [DStenmar@nscchahs.health.nsw.gov.au](mailto:DStenmar@nscchahs.health.nsw.gov.au)  
Amanda Hoy [AHoy@nscchahs.health.nsw.gov.au](mailto:AHoy@nscchahs.health.nsw.gov.au)

## Newport

OR



**Contact:** for further information and to register  
Dr Vered Gordon on 9979 6966 or [veredg@optusnet.com.au](mailto:veredg@optusnet.com.au)

Being Mums is a group program for mothers who are feeling stressed and at times finding it hard to cope. It allows you to reflect on your journey of motherhood, share experiences and develop new skills and resources. Sessions are held once weekly over 8 weeks and include sessions where partners or a support person can attend.



Topics covered in both groups include adjusting to parenting and expectations, improving relationships, and using mindfulness skills to better manage stress, emotions and unhelpful thinking styles. A new group is run every school term, i.e. 4 times a year.