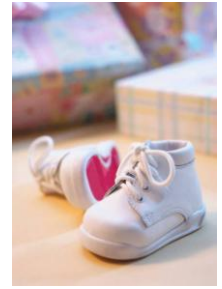


Being Mums

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DAYTIME GROUP

This is a day time group for mothers with their babies who are under 12 months old. It is 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. It is run over 7 weeks with an additional evening session for mothers to attend with their partners / support person. Each session will include a short relaxation practice and opportunity to think about how you are feeling and how your baby is feeling. Topics covered will include adjusting to parenting and expectations, managing feelings, coping with stress, challenging unhelpful thinking styles.

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

When: Wednesdays
11.00am – 12.30pm.

Contact: Deb Stenmark or Amanda Hoy on 9951 0322 for further information and to register for the group.

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EVENING GROUP

This is an eight week evening program for mothers of young babies 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. For two of the sessions, partners or a support person are also invited to attend. Topics covered include adjusting to parenting and expectations, improving relationships, and using mindfulness skills to better manage stress, emotions and unhelpful thinking styles.

Where: Manly Warringah Division of General Practice Group Room
Mona Vale Hospital, Coronation Street, Mona Vale

When: Monday Nights
7.00pm to 9.00pm

RSVP: Contact Dr Vered Gordon on 9979 6966 or
veredg@optusnet.com.au for further information and to register