

The group offers women the chance to talk and find support from others who are also trying to make sense of motherhood and is facilitated by trained, caring and empathic women who are mothers themselves and understand the sorts of challenges faced by new mums.

During the program you will engage in activities that promote self-nurturing and encourage you to feel value and importance in your role as a mother.

You will have the chance to share parenting ideas, learn some coping strategies, form friendships and learn about child development and care.

An important and special aspect of the Making Sense of Motherhood program is that babies and mothers participate in the group together. This provides a chance for them to get to know each other in a supportive environment.

Group participant's share their thoughts...

"Once I joined the group I felt it was ok to find being a mother difficult because all the women in my group were finding it a struggle too. I felt less lonely knowing I wasn't the only one".

"I am a more confident mother after attending the group. In the company of other women I have learned to be gentle with myself and to understand that I need to learn how to do this new job, some women just don't feel equipped to do it at the start – and that my baby needed my help to learn too. I soon realised all the women in my group needed help learning the tools for the job, we were all good mothers...we just needed help to feel that way".

"Support for life and friendships for life - I can never express my gratitude enough. This program turned my life around and gave my son the mother I want to be!"

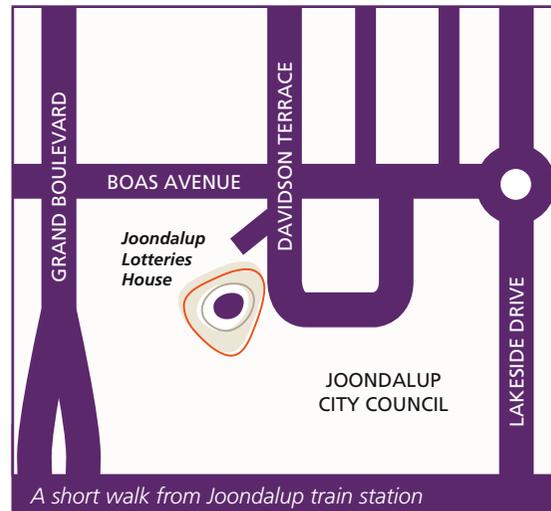
MAKING SENSE OF MOTHERHOOD

Runs weekly: 10.00am to 12 noon

Women's Health and Family Services
Suite 6, Joondalup Lotteries House
70 Davidson Terrace, Joondalup

To register your interest and to find out more, please call Women's Health and Family Services on 9300 1566 or e-mail Judi at jbarrettlenard@whfs.org.au

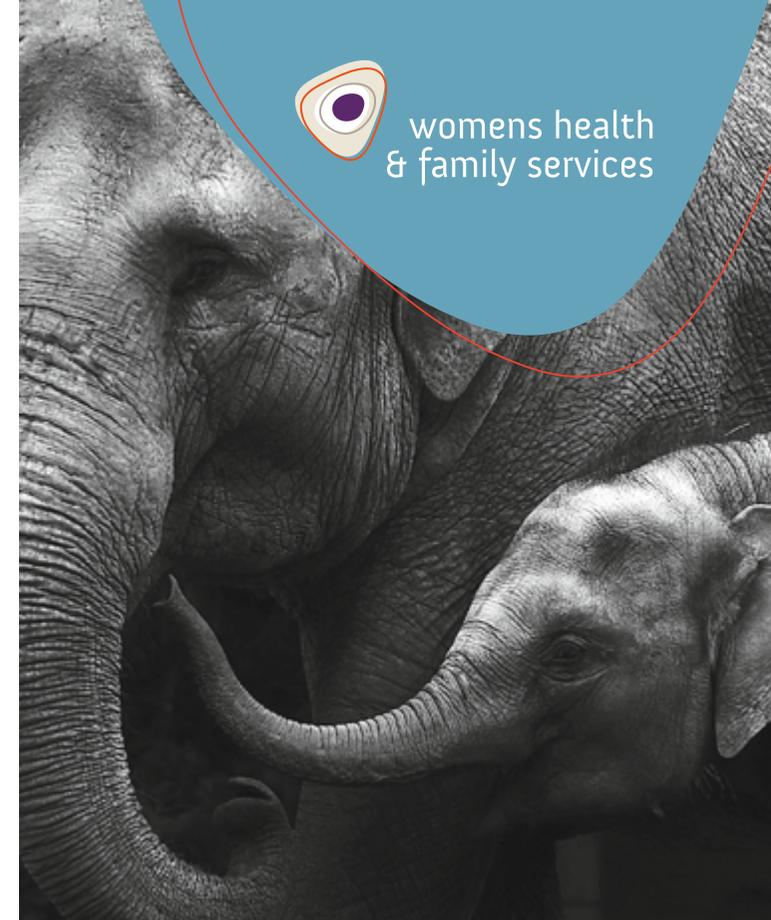
This service is provided FREE of charge. However, we do ask for your full commitment for the program.



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womens health
& family services

Making Sense of Motherhood

Sometimes the journey to motherhood can feel isolating, overwhelming and unfamiliar. Making Sense of Motherhood is a program designed to help women to develop confidence in their abilities as a new mother and to feel supported in getting to know their baby.

Supporting mothering with mindfulness.

www.whfs.org.au



MAKING SENSE OF MOTHERHOOD

The Making Sense of Motherhood Program provides an opportunity for women to share thoughts and feelings about adjusting to motherhood and to explore coping strategies with others going through similar experiences.

Topics such as playing with and understanding how babies communicate, relationship issues, baby massage, early brain development and parenting techniques are discussed and strategies for self-care and nurturing are explored.

The Making Sense of Motherhood program has been developed as a self-help recovery model and is not a therapy-based program. Women with a desire to become empowered in their journey through early motherhood and wanting to enhance their relationship with their baby are encouraged and supported to take part in the program.

The program's facilitators have compassion and understanding about the complexities of depression and anxiety in the post-natal period.

Individualised and meaningful support will be provided for you and your baby.

We encourage you to join our program that is held in a safe and supportive environment at Women's Health and Family Services.

