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## Services For New Mothers

We offer support to new mothers who are finding parenting challenging. Individual counselling appointments are also available. Group programs are:

### Adjusting to Baby and Change (ABC) – 9 weeks

This group helps new mothers reduce their feelings of depression and/or anxiety. The group helps build skills and increase confidence. You will also meet other mothers who are experiencing similar feelings.

### Making Sense of Motherhood (MSOM)

MSOM supports women to develop confidence in their abilities as new mothers. This is a mindfulness based program. The group offers women the chance to talk and feel supported in getting to know their baby in a safe space.

Mothers attend the group with their babies who are not yet crawling. Experienced workers support mother-infant bonding and attachment.



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## Alcohol and or/other Drug Support For Mothers

### PEPISU - for women who are pregnant or parenting children 12 and under

PEPISU provides low cost individual alcohol and other drug counselling. PEPISU offers one to one parenting support, links to services and group activities.

### Nurturing Families - for women who are pregnant or have a child under 4 years

This program provides women with home visits and support for approximately 2 years. We provide counselling, advocacy, and parent support. We also help families connect with community services.

*This is a free service.*

### Aboriginal Family Services - for women who are pregnant or parenting

This service provides individual Alcohol and/or other Drug counselling, support and referral to Aboriginal women and their families. The Aboriginal Family Support Service also offers individual Circle of Security workshops for mum's-to-be, mothers, carers and grandparents seeking to raise secure child/children.

*This is a free service.*

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## Other Groups and Workshops For Mothers

### Playgroup Moort Warring Mart (Family Playing Group)

Playgroup is open to all mothers, grandparents, and carers with children 0-5 years.

Come play, sing, and meet new friends. Aboriginal and non Aboriginal women are invited to join.

### Bond With Your Baby (yoga and infant massage)

A 4 week program that incorporates different yoga play time activities you can do at home with your baby. We will also look at infant massage techniques.

### Bringing Up Great Kids

A 6 week program for parents and carers. We look at growing your parenting skills and supporting your child when there are challenges.

### Circle of Security Parent Program

This 8 to 10 week program will assist you in bonding with children in your care. We will look at understanding your child's emotional needs. We will also support you to grow your parenting skills.

### Multicultural Circle of Security Parent Program

An 8 week program for multicultural parents to assist you in bonding with children in your care. We will look at understanding your child's emotional needs. We will also support you to grow your parenting skills.

### Heart Beat Club

This workshop is for Mothers, Fathers, Grandparents and baby sitters and covers how to respond to accidents around the home. These include: choking, burns, scalds, drowning and infant/toddler resuscitation.

### Toddler Tucker

This workshop looks at nutrition for toddlers. We will also look at fussy eating and how to involve your child in food activities around mealtimes.

### 2Wet2Get Fit

'2Wet2GetFit' is an aqua program for both mothers and babies. Each session includes a short talk before a water exercise session. Come and enjoy meeting other mothers and their babies.

## Location

The groups are at various locations including our Northbridge and Joondalup sites.

Check our website for details, [www.whfs.org.au](http://www.whfs.org.au)

## Costs

Fees vary for each group. All the groups and workshops are free or low cost.

Check our website for details [www.whfs.org.au](http://www.whfs.org.au)

## How do I Enrol?

To enrol in a group or to find out more about a group, email [info@whfs.org.au](mailto:info@whfs.org.au). You do not need a referral.

If you do not have email or need to speak to someone, please call 6330 5400.

GPs, mental health clinics, child health nurse and other health and community workers can refer. Service providers are welcome to fax us on 6330 5499.

**Creche and Interpreter Services available.**



### NORTHBRIDGE

227 Newcastle Street, Northbridge WA 6003

PO Box 32, Northbridge WA 6865

**Telephone: (08) 6330 5400**

Fax: (08) 6330 5499

Email: [info@whfs.org.au](mailto:info@whfs.org.au)

### JOONDALUP

Joondalup Lotteries House

Suite 6, 70 Davidson Terrace, Joondalup WA 6026

**Telephone: (08) 9300 1566**

Fax: (08) 9300 1699

Email: [infojoondalup@whfs.org.au](mailto:infojoondalup@whfs.org.au)

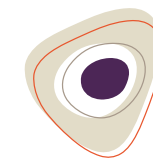
[www.whfs.org.au](http://www.whfs.org.au)



Womens Health & Family Services (WHFS) is a not-for-profit service for women and their families in Western Australia.

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# Supporting mothers with babies and toddlers



womens health  
& family services

Supporting and empowering women,  
families and communities

[www.whfs.org.au](http://www.whfs.org.au)