



## Perinatal Mental Health Program Adjusting to Baby and Change

A 9 week Cognitive Behavioural Therapy and Mindfulness based group program.

- Empowers new mums by teaching skills and behaviors to reduce symptoms of anxiety and depression.
- Builds confidence and self-esteem to foster recovery.

All donations to this program are gratefully received and will enable others to receive perinatal support

Creche is available

To enquire about joining this group or for more information call us on 6330 5400 or email [pnda@whfs.org.au](mailto:pnda@whfs.org.au)



womens health  
& family services

ABC  
Program

Wednesdays  
10am - 12pm

20<sup>th</sup> July –  
14<sup>th</sup> September  
2022

227 Newcastle St  
Northbridge

Womens Health &  
Family Services

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