



## Feeling overwhelmed? You're not alone.

Mother Baby Nurture is a 10-week group supporting mothers and infants up to 6 months of age.

Becoming a mother can be a great time of joy and also a time of mixed emotions. **Mother Baby Nurture** is:

- A safe, supportive and confidential space for you to share your experiences.
- For mothers and their babies in the first months of parenthood.
- Facilitated by professionals with expertise in Parent-Infant relationships.



Wednesdays 10am-12pm

Runs for 10 weeks in conjunction with school terms  
Commencing 9<sup>th</sup> October for 10 weeks

South West Women's Health  
19 Fielder Street Bunbury (parking best on Plaza St)

Cost: free • Register interest 9791 3350

Free support group

Morning tea provided

Build your relationship with your baby

Meet new friends

[www.motherbabynurture.com](http://www.motherbabynurture.com)



Government of Western Australia  
Mental Health Commission

