

## BEING MUMS

A group for mothers with babies (up to 1 year old) who feel stressed at times and find it hard to cope.



Come and reflect on your journey of motherhood, share experiences and develop new skills, resources and even new friends. Sessions are held for 8 weeks and will be at **Mona Vale** and **Hornsby** locations.

Topics covered include adjusting to parenting and expectations, improving relationships, and using mindfulness skills to better manage stress, emotions and unhelpful thoughts.

### 2018 Group Dates

**MONA VALE:** 10:30am – 12:30pm Friday 2 February- 23 March; 11 May – 29 June  
at Mona Vale Memorial Hall, 1 Park Street

**HORNSBY:** 9:30-11:30am Tuesday 20 February – 10 April at Nannelli Centre, 5  
Jersey Street

To register your interest please talk to your GP (they will refer you with the form found here: [sydneynorthhealthnetwork.org.au/mentalhealthtriage](http://sydneynorthhealthnetwork.org.au/mentalhealthtriage))

or call PHN mental health triage 1300 782 391.

For more information contact the PHN groups coordinator on 8287 1158, or email [PHNgroups.coordinator@lifelineh2h.org.au](mailto:PHNgroups.coordinator@lifelineh2h.org.au)