

## 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**.

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

**\*\* Babies are welcome to come with mum to the group.**

### **2019 Group Dates**

10:30am – 12:30pm Fridays

8 February – 29 March

10 May – 28 June

at Mona Vale Memorial Hall, 1 Park Street

To register for the group please talk to your GP about referral - referral 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)