

First Time Mothers Group



Feeling isolated, tired and overwhelmed at how all-consuming a baby can be?

You are not alone

Come along and share your experiences with other first time mothers and find comfort in the fact that most mothers experience similar feelings of joy and mixed maternal emotions at how all-consuming a baby can be.

During the 4 week program mothers will explore:

- Their sense of identity and normality
- Taking care of their own needs as well as their baby's
- Body image, mixed maternal emotions and sexuality
- Coping with sleep deprivation and loss of routine
- Relationship with partners as well as family eg grandparents
- Relationships with well meaning friends with children constantly giving their advice
- Relationships with friends without children
- Returning to work and associated issues with leaving a baby - feelings of guilt, etc.
- Impact of being a full-time mother and associated stressors
- Work and family balance in which quality versus quantity
- Infant care and development (feeding, sleeping, etc)

Dates: 4 Wednesdays: May 2, 9, 16 & 23, 2012
Venue: 21 Bell Street, Coburg (Cnr Gladstone & Bell St)
Time: 11.00 am to 12.30 pm
Total Cost: \$20 per person or \$10 per person (concession rate)
Cut-off: Monday 30 April

Phone 03 9354 8854 or email relate@relatewell.org.au to register your attendance and/or for further information regarding this exciting new program.

www.relatewell.org.au