



Feeling overwhelmed? You're not alone.

Mother Baby Nurture is a 10-week group supporting mothers and infants from newborn to crawling.

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.

Available in multiple locations across WA
A free 10-week group during school term
Register interest via the details on the website
www.motherbabynurture.com



Free support group
Morning tea provided
Build your relationship with your baby
Meet new friends



Mother-Baby Nurture is delivered by perinatal and early parenting services, free to families thanks to grant-funding from the WA Mental Health Commission and Commonwealth Communities for Children.