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Department of Communities



# MUMS Program

*Mothers Understanding Many Skills*

**For Mums aged 16 to 24 years**  
**Wednesday 9.30-11.30am**  
*Starting 11 October - 13 December*

*Come join us to connect with other mums and share morning tea.*

Sessions often include guests and activities on different topics, such as:

- child and women's health nurse
- budgeting and finances
- self-care and managing parenting stress
- cooking
- car seats check and child safety tips
- healthy relationships
- personal development

**Held at the Busselton Youth & Community Activities Building,  
21 Foreshore Parade**

For more information or to register  
call Anne on 0490 094 994  
or [admin@radiancesouthwest.com.au](mailto:admin@radiancesouthwest.com.au)

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