



Feeling overwhelmed? You're not alone.

Mother Baby Nurture is a 8-week group supporting mothers and infants up to 6 months of age.

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.



Tuesdays 10am-12
 Commencing 6th February 2024 for 8 weeks
 South West Counselling
 122 Adelaide Street, Busselton
 Cost: free • Register interest 975 2052

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

www.motherbabynurture.com



Government of Western Australia
Mental Health Commission

