

YOUNG MUMS TO BE

- ✓ Are you pregnant and under 22 years old?
- ✓ Want to find out about pregnancy and birth?
- ✓ Want to meet other young women who are pregnant?
- ✓ Want to learn about being a mum?

WHAT'S THE GROUP ABOUT?

These groups support your unique experience of pregnancy focussing on; Trusting your body; Pregnancy and Birth; Looking after Yourself and Baby - Plus lots more and plenty of fun!

WHAT CAN YOU EXPECT?

A Safe and Supportive environment to;

- Get your questions answered
- Learn about the process of childbirth
- Care for yourself with stretches, meditation and self-care tips
- Meet other young pregnant women
- Hear a story from a young mum about her experiences of birth and with her baby.
- Opportunity (if you choose) to be creative and make something for your baby while chatting informally with each other.

WHAT WILL YOU LEARN?

- When to go to hospital during labour
- The changes to your body during pregnancy and after
- Choices in childbirth
- Things you can do that will help you get through labour and birth
- Ways to care for your baby
- Where to get support

GROUP DETAILS

The group runs over 6 weeks – Wednesdays, 10am – 12:00pm including a post birth reunion

Bookings are essential



What people are saying?

“I now have so much more confidence in being a mum and having a family because of the young mums group. I’ve also been able to make some great new friends and share my new knowledge with my partner”

“It was very fun, something I looked forward to coming every week, meeting new people and sharing stories”

“I learnt a lot of new things that I didn’t know before and I feel this will help me with the rest of my pregnancy and even through birth and afterwards”

Contact

Tweed Community Health

- Childbirth and Early Parent Education Coordinator
- Mon – Thurs, 9am – 4pm.
- 075506 7813

The Family Centre

- Mon – Fri, 9am – 12.30pm
- 07 55248711
- www.thefamilycentre.org.au



For bookings and enquiries contact:
(07) 5506 7813 - Childbirth and Early Parent Education Coordinator, or
(07) 55248711 The Family Centre

**Northern NSW
Local Health District**