

Preparing to be a new mum can be daunting, so Connect Health & Community have created a unique new 8-week program to assist with the transition to motherhood.



The Mums2Be approach

Mums2Be has been developed to help new mums gain an understanding of their journey.

This program will provide expectant mothers an introduction to parent-child attachment and the importance of 'connection,' to infant mental health.

Our goal is to help first-time mums increase their self-awareness and insight, and reduce any anxiety or worry as they embark on this wonderful journey.

To do this, Mums2Be incorporates a number of educational and therapeutic approaches, including art therapy.

Art therapy uses art as a means of communication through which people can express and explore their thoughts and emotions.

Techniques used in art therapy can include drawing, painting, coloring, sculpting and collage.

Program leaders will listen to participants' thoughts and ideas and work with them to address any concerns.

"Out of your vulnerabilities will come your strength."

- SIGMUND FREUD



Mums2Be
A PLACE TO CONNECT

For more information:

If you would like more information or to register for the program, please call 03) 9192 8964 or 03) 9192 8906.

Medical professionals wishing to refer patients can call 03) 9192 8964 or 03) 9192 8906.

Places are limited.

First-time mum-to-be?

Mums2Be answers your questions on this exciting new life adventure



For more information visit
www.connecthealth.org.au/mums2be

For general enquiries about
Connect Health & Community services
call (03) 9575 5333.



The mental health challenges of pregnancy

It is well documented that first-time motherhood is a challenging transition or life phase.

'The perinatal period, including pregnancy and the following year, is a time of great change in a woman's life and it is common for women to experience a wide range of emotions. For many women, feelings of worry and stress resolve by themselves. But, with some women, pregnancy and early parenthood can trigger symptoms of more serious mental health problems'

– BEYOND BLUE

- Mums2Be will help women develop an understanding of their journey and that of their baby, creating an understanding of newborn capacities and realistic expectations of motherhood.
- Women will learn the importance of both self-care and that of the infant, and explore protective factors that are important in overall health and wellbeing.
- Mums2Be will provide an opportunity for women to connect with other mums, and connect with their unborn baby.
- Mums2Be will help women transition to motherhood with confidence and a deeper understanding of themselves and enable improved interpersonal relationship skills.

Program session times and dates

Connect Health & Community will host two Mums2Be programs in the first half of 2020.

Dates:

Program 1:

10.30am – 12.30pm

Monday, 3 February – Monday 30 March 2020

Program 2:

10.30am – 12.30pm

Monday, 6 April – Monday, 1 June 2020

Sessions will be held at:

Connect Health & Community
2A Gardeners Rd, Bentleigh East

Program Outline

While Mums2Be will be tailored to the needs of the mums in the group, the following program outline is provided as a guide.

Week 1: Getting to know you

Week 2: Emotions

Week 3: Mental health

Week 4: Exploring pregnancy

Week 5: Labour, birth and beyond

Week 6: Early days

Week 7: Baby is home

Week 8: Moving forward as a family

For more enquiries on this program
call 03) 9192 8964 or 9192 8906.



What is Mums2Be?

We understand that this exciting new life adventure can be a bit daunting, so we've created a unique new program to help women transition to motherhood.

Mums2Be is an 8-week program to help new mums connect with each other and their unborn babies, while learning about the changes ahead to give a realistic understanding of their new lives.

Developed by a peri-natal/infant mental health nurse and an art therapist, this program will enable women to explore their creative abilities so they can transition to motherhood with confidence.

This program is designed to help new mums understand what they will go through during pregnancy and into their first year as a mum.

New mums will enjoy
the creative approach as
they grow through the journey
as well understanding
their newborn's capacities.