



Understanding and nurturing wellness during pregnancy and parenthood

Join us for a **FREE** information session

Who is it

for?

- Expectant and new parents
- Supporting family
- Friends and significant others
- Interested community members

What will you take away?

- An understanding of mental health and wellbeing
- Signs and symptoms to be aware of
- How to help someone you love
- How to help yourself
- Where to find help, information, resources
- How to navigate the health system

Session dates and times

Thu 29 February 5.30pm-8.30pm at the Mt Lockyer Child and Parent Centre

Sat 23 March 9am-12pm at the Mt Lockyer Child and Parent Centre

Sat 4 May 9am-12pm at the Albany town library

Sat 25 May 9am-12pm at the Mt Lockyer Child and Parent Centre

Sat 29 June 9am-12pm at the Albany town library

Registrations are essential, please contact:

WA Country Health Service - Great Southern Population Health

Phone - 98427574

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