



**Windermere**<sup>®</sup>

*everyone is someone  
in our community*

# Happy Mothers, Happy Babies

**A 5 week educational support program for mothers with children of 0 to 2 years of age.**



This program aims to assist mothers in improving their mood, anxiety, as well as reduce stress associated with the perinatal period, by:

- Understanding and managing moods, as well as anxiety
- Building self-esteem, confidence and assertion
- Improving problem solving skills
- Teaching tools that help tackle unhelpful thoughts
- Address self-care and stress management and relaxation on the run



**For:** Mothers with children 0 to 2 years of age.

**Dates:** **Every Monday** beginning 26th September to 24th October 2011

**Time:** 10:00am to 12:00pm

**Venue:** Windermere Child and Family Services  
48 Webb Street, Narre Warren

**Fees:** No Cost. Sessions are bulk-billed under Medicare (please bring Mental Healthcare Plan referrals from your G.P.)

**(Bookings are essential - group limited to a max of 10)**

**To book &**

**More Info:** Contact Sofia Volkov on 9705 3200

**About the Facilitator**

Sofia Volkov is a clinical psychologist with experience in working with parents and children in difficult life circumstances. She has a particular interest in perinatal mental health, including depression and anxiety.