



# YOUNG MUMS TO BE



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

## WHAT'S THE COURSE ABOUT?

Women never forgets their birth days – it's a significant event, so be prepared. Birth events shape a woman's confidence and self-esteem as a mother. 'You can do this' and 'There are ways for you to help yourself' are key themes.

## WHAT CAN YOU EXPECT?

Through interactive information sessions, practical exercises, group discussions and brainstorming in a safe and supportive environment, you will:

- Get your questions answered
- Learn about the process of childbirth
- How to take care of yourself with stretches, meditation and self-care tips
- Hear a story from a young mum about her experiences of birth and with her baby.

These groups focus on your unique experience, trusting your body, birth, looking after yourself and baby - Plus lots more and plenty of fun!

## WHAT WILL YOU LEARN?

- When to go to hospital during labour
- The changes to your body during pregnancy and after
- How to take care of yourself during pregnancy
- Ways to care for your baby
- Choices in childbirth

## WHAT PEOPLE ARE SAYING ABOUT THE GROUP

'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.'

The group runs over six weeks 10am–12.30pm including a post birth reunion.

### CONTACT:

#### Bookings are essential

For further information on any of our courses or workshops please call 9am–12.30pm, Monday to Friday (07) 5524 8711 or ask at reception.

For more information on the course program go to [www.thefamilycentre.org.au](http://www.thefamilycentre.org.au)

Child minding is available upon request.

**Tweed Community Health, Parent Educator Midwife**  
Mon–Thurs, 9am–4pm 0755067813



Health  
Northern NSW  
Local Health District

