

## EMBRACE GROUP PROGRAM

<b>Therapy Group</b>	Weekly in Midland & Ellenbrook	Free Creche* Group times and cost - please phone or check term timetables
<b>Support Group</b>	Fortnightly in Midland	

\*Attendees are asked to book their children into the crèche one day in advance.

### Midland Women's Health Care Place

Offers a comprehensive Embrace - Mums & Bubs Wellbeing Program.

Face-to-face counselling and group therapy covers a range of issues including:

- Anxiety and stress
- Emotional changes after a birth
- Stress reactions after traumatic birth
- Adjustment problems
- Attachment problems
- Childhood issues
- And many others

Our therapeutic groups are very successful. We use mainly Cognitive Behavioural Therapy (CBT) as the basis for the work done in the group and we find by the end of the 9 sessions, most women report a significant improvement in their moods and ability to cope.

Most women find the group situation very beneficial as it normalised their feelings and thoughts around being a mother. Many women present to us feeling they are "crazy" and many are concerned that if they admit to Post Natal Depression that someone will come and take their baby. This is not the case, women do recover from PND when they receive appropriate supportive skilled help.

## Become a Member or Make a Donation

Select from below:

- |                          |   |           |
|--------------------------|---|-----------|
| <input type="checkbox"/> | Ordinary Unwaged Member                     | \$10.00   |
| <input type="checkbox"/> | Ordinary Waged (Employed) Member            | \$15.00   |
| <input type="checkbox"/> | Associate Member                            | \$20.00   |
| <input type="checkbox"/> | Professional Member                         | \$25.00   |
| <input type="checkbox"/> | Donation (\$2.00 or more is tax deductible) | \$____.00 |

Membership valid from 1st July to 30th June each year

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Method of Payment

- Cheque     Cash     Please send an invoice

Please make all cheques payable to  
"Midland Women's Health Care Place"

- Please send me a receipt (Donations of \$2.00 or more are tax deductible)

### Privacy Policy

Under the Privacy Act Amendments 2001, permission to hold personal details must be granted by all persons who are not paid staff members of Midland Women's Health Care Place. I hereby grant permission to Midland Women's Health Care Place to hold my personal details that include name, home and email address, phone number and any other information required to keep my membership updated and to advise me of programs and other services offered.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_



# EMBRACE MUMS & BUBS WELLBEING PROGRAM

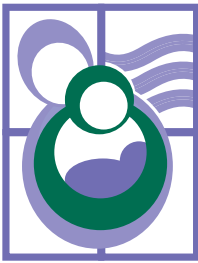
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**Midland  
Women's  
Health  
Care  
Place Inc.**

*Being a mum is really hard...*



### **One-to-One Counselling**

MWHCP provides individual counselling sessions with experienced and professional female counsellors. Sessions can be booked weekly, fortnightly or as determined by the client and can be run in conjunction with the groups. Each session lasts for 45 minutes and will be charged according to a sliding scale based on the client's income (maximum charge of \$40).

### **Assessment**

Any woman who presents to MWHCP who is currently pregnant or has had a baby in the last three years is eligible to undergo an Assessment. A decision is then made, between client and counsellor, whether the woman's needs would best be met by individual counselling, a therapeutic group or the support group. The Edinburgh Post Natal Depression Scale is used in this assessment process.

### **Have you had a baby recently?**

#### **Are you feeling a bit stressed?**

We can help...

- Low cost professional counselling
- Private & confidential
- Self-referral
- Weekly Therapy Group with free crèche

**Midland Women's Health Care Place** provides a specialist program addressing the needs of families who are experiencing anxiety, depression and/or stress during pregnancy and after the birth of a baby.

Support and information can be provided on a range of subjects including sexuality after your baby, coping with change, looking after yourself and much more. Early intervention can prevent or minimise the impact of this life change.

### **Therapeutic Group**

This group consists of nine weekly sessions addressing a wide range of issues associated with anxiety, stress and depression during pregnancy and after the birth of a baby. A free crèche is available onsite. This group runs one morning each week during school terms. There is a low cost service fee. Those who wish to join the Therapy Group must first take part in a PND assessment with one of our counsellors. Optional partner's evening are also included during the nine weeks.

### **Outreach Service in Ellenbrook**

We also offer the Embrace - Mums & Bubs Wellbeing Program in Ellenbrook along with other activities including Mums & Bubs Yoga offered locally. You can also join us at Midland for a variety of activities such as Pilates, Gentle Yoga etc. Ask for a copy of our current term timetable for more information or download from our website.