

# Embrace

## M o t h e r h o o d

**A free wellness program to support you in being a mum.**

What we will cover:

- Exploring expectations of being a mum
- Discovering different parenting styles
- Reinforcing your personal strengths
- Being aware of your own self care
- Developing effective communication
- Coping with challenging behaviours

Ethel Warren Bullsbrook  
Community Centre

12.30pm – 2pm

Starting Wednesday 8 May

FREE CRECHE AVAILABLE  
BOOKINGS REQUIRED

Call 9250 2221 or [info@mwhcp.org.au](mailto:info@mwhcp.org.au)  
to secure your place or for more  
information.

[www.mwhcp.org.au](http://www.mwhcp.org.au)  /mwhcp



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