

# Embrace

## Motherhood

**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

Visit facebook or our website for start dates and locations.



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

Call 9250 2221 or [info@mwhcp.org.au](mailto:info@mwhcp.org.au)  
for more information.  
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STARTS 2ND WEEK OF EACH SCHOOL TERM

FREE CRECHE AVAILABLE BOOKINGS REQUIRED



**Midland  
Women's  
Health  
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