

Date

Commencing Thursday
9 September 2010

12 weeks duration

Time

1.00 pm – 3.00 pm

Venue

Castlefield Community Centre
505 Bluff Road Hampton

A welcoming venue with a
wonderful well equipped
child care facility.

Adequate parking available.
Bus route stops outside
the centre.

For further information,
please contact
Ann Lanigan or Sue Hocking
(Family Life - Family Workers)

Phone: 8599 5433



Family Life
facilitates this program in
collaboration with
Bayside City Council
and is supported by
BayCISS Incorporated

For enquiries/referrals
please contact
Ann Lanigan or Sue Hocking

Phone: 8599 5433
Fax: 9598 8820

Family Life
197 Bluff Road
Sandringham Victoria 3191

www.familylife.com.au
Email: info@familylife.com.au



B.E.A.D.S Connecting Women

**Bayside Emotional and
Depression Support
for women**

You are not alone.
The group will provide an
opportunity for women to join
together in a relaxed, friendly
and supportive environment.

capable communities,
strong families, thriving children

Support, understanding and information-sharing are crucial.

The Post and Antenatal Depression Association Inc. (PANDA) 2009 states “Women talk of their support groups as the only place they can go to where they do not have to cover up how they feel and are not judged for having Post Natal Depression”.

Statistics show that 1 in 5 women experience Post Natal Depression (PND). PND occurs in all cultures. It does not occur in any one situation or personality type. It can occur after any pregnancy. Pregnancy is the common factor.

PND can be mild, moderate or severe and symptoms can begin immediately after the birth, or gradually in the weeks or months during the first year after birth.

PND is an illness that can persist, affecting the mother and everyone around her. With the correct supports, all women do recover.

Our group commences on Thursday 9 September 2010, 1.00 pm to 3.00 pm.

The group will cover topics as agreed on by the participants.

All discussions will be confidential.

Topics will include:

- Anxiety
- Confusion
- Extreme exhaustion
- Partners
- Breastfeeding
- Coping Strategies

If participants agree, guest speakers will be invited.

Baby-massage and relaxation will also be offered.