

INVITATION

GIDGET VILLAGE – EXPECTING & CONNECTING

Join us for 5 weekly group online sessions, free of charge. Group facilitated by Gidget Foundation Australia perinatal mental health clinicians.

Who is it for?

- ✿ Expectant mums, (ideally but not limited to, 32 weeks pregnant or less at the start of the group so that you will be able to finish the group before your new arrival)

What are the benefits?

- ✿ Offers a safe place to share feelings and fears without judgement.
- ✿ Acquires sound coping skills while moving through pregnancy.
- ✿ Offers development of greater self-confidence around managing the challenges of pregnancy.
- ✿ Opportunity to connect with other expectant mothers.

Some of the topics covered:

- ✿ Myths/Facts of motherhood.
- ✿ Expectations, preparing for birth and after.
- ✿ Coping with unmet expectations.
- ✿ Connections: Forging identity as a mother.
- ✿ Changing couple/ intimate relationship.
- ✿ Mindfulness.

Commences
22nd August 2024, 10am to 12pm (AEDT)

Spaces are limited.

If you would like to participate in our Gidget Village group program, please register your interest to

contact@gidgetvillage.org.au