



# BABY'S OKAY - BUT WHAT ABOUT YOU?

New mothers – are you feeling anxious, overwhelmed, tired, stressed, tearful?

Camcare and the City of Boroondara Maternal and Child Health are running a nine week program allowing you to explore your changed lifestyle, new feelings and concerns.

**When:** Mondays from **1.30pm** until **3.30pm** from the **20 February** to **8 May 2017**

Please note the group will not meet on 13 March (Labour Day), 10 April (school holidays) and 17 April (Easter Monday).

**Where:** Bowen St Community Centre, 102 Bowen St Camberwell  
Free onsite Childcare is available

---

**BOOKINGS ARE ESSENTIAL.**

FOR MORE INFORMATION, CALL BERNA AT CAMCARE ON **9809 9104.**