



# 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 **19th February** to **30th April 2018**

Please note the group will not meet on 12 March (Labour Day), 2 April (Easter Monday).

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

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**BOOKINGS ARE ESSENTIAL.**

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