

Adjusting to Baby, Children and Change

PERINATAL MENTAL HEALTH PROGRAM

An 8 week group that offers a safe, reflective space to contemplate the changes associated with parenthood and build self-awareness and understanding. Whether you have a baby or toddler, this group is intended to:

- Support confidence and self-esteem
- Empower new mums by exploring ways of reducing symptoms of anxiety and depression

This program incorporates mindful practices, reflection, creative processes and Cognitive Behavioural Therapy.

Creche is available. To enquire about joining this group or for more information call or email us.



All donations to this program are gratefully received and will enable others to receive perinatal support.

ABC Program

Tuesdays
10am — 12pm

11th February —
1st April 2025

luma.org.au

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LUMA FOR HER HEALTH
AND WELLBEING