

# Play Now, Discover Always - Therapeutic Supported Playgroup

## PERINATAL MENTAL HEALTH PROGRAM

Playing with our children is very important for their development and the mother-child relationship.

This 8-week therapeutic supported playgroup is designed to support:

- your relationship with your child/ren
- you to identify and respond to your child/ren's needs
- you to reflect on feelings and behaviours as they arise, in the moment



## Playgroup at Perron Place

61 Kitchener Ave,  
Victoria Park

Thursdays  
10am — 12pm

13<sup>th</sup> February —  
3<sup>rd</sup> April 2025

[luma.org.au](http://luma.org.au)

Telephone: 6330 5400

Email: [pnda@luma.org.au](mailto:pnda@luma.org.au)

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



**LUMA** FOR HER HEALTH  
AND WELLBEING