

BEING MUMS – Happy Mums, Happy Bubs

Come and join our group/program for mothers and babies (up to 1-year-old) who feel stressed at times and find it hard to cope. Come and reflect on your journey through motherhood, share experiences and develop new skills, resources and even new friends. This is especially good for first time Mums. This course is fully funded by ClubGRANTS from NORTHS Cammeray

Sessions are held once a week for eight weeks

Starts Tuesday 16th October 2018 at 10.30 am

Cost is free (attendance for the whole eight weeks is essential)

Morning tea included

This is for mums who are finding it hard to cope. Bookings are essential. Please call TKC on 9922 4428 for more information.



**The Kirribilli Centre, 16-18 Fitzroy Street, Kirribilli
Phone 9922 4428**