New Beginnings postnatal group

New Beginnings is a free group-focused program for women who are experiencing difficulty, anxiety, distress or depression after having a baby. It is led by experienced mental health nurses and clinical psychologists.



Who can attend

New Beginnings is open to you as a new mum if:

- You live in the North Metropolitan catchment area
- You have a referral from a primary carer (eg: doctor, psychiatrist, child health nurse)
- Your baby is at least 8 weeks old and under 12 months
- You are not dependent on drugs or alcohol
- You can speak English and be part of a group setting

How we can help

New Beginnings covers topics such as self-compassion, effective communication, changing unhelpful thinking styles, strategies for regulating your emotions, building healthy relationships, and expectations of parenthood.

Where

Sessions are held at either:

The Spiers Centre
2 Albatross Court
Heathridge

Doubleview House Community Centre 228 Hancock Street Doubleview



When

New Beginnings runs during school term over 10 weekly group sessions of 2.5 hours. There are free creche facilities on site for participants.



Want to know more?

Call us on (08) 6458 1521 or email WNHS.MHS.NewBeginnings@health.wa.gov.au or scan the QR code.



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