



# 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](mailto:WNHS.MHS.NewBeginnings@health.wa.gov.au)