

young mums ARE AMAZING!

Young
Well
Beings.

improving wellbeing of young mums

As a young mum,
I appreciate the
practical tips.
It's like having a
personal **guide**
through motherhood

GET SMART TIPS TO GROW YOUR WELLBEING

- Feeling overwhelmed?
- Discover self-care & thrive!
- Free online course by young mums & professionals

BUILD YOUR STRENGTHS, LEARN PRACTICAL SKILLS & STRATEGIES

why join?

- **Free & Easy:** Do it on any device, anytime, anywhere!
- **For You:** Made by young mums, just like you
- **Practical & Helpful:** Videos, real stories & smart wellbeing tips
- **Level Up:** Build your calm & confidence

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Australian Government

Department of Health and Aged Care

WESTERN SYDNEY
UNIVERSITY



Health
Western Sydney
Local Health District



Level up
your calm &
confidence!
Scan now.



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