

New Mothers Support Program



Northpark Private Hospital's new mothers support program is designed for women who experience emotional distress/disorders associated with childbirth, adjustment and other child-related difficulties.

A 10-week Outpatient day program running on Thursdays, this program suits mothers of babies between birth to one year of age and are welcome and encouraged to bring their child with them. Mothers of children aged one to five years of age may attend the program alone.

This program offers strategies and skills to mothers to deal with emotional difficulties as well as necessary skills development in relation to the infant's health and wellbeing.

These include:

- Managing depression and anxiety
- Stress management and relaxation
- Improving communication skills
- Problem-solving and time management
- Mother and infant relationship enhancement
- Improving self-esteem
- Exploring and enhancing support networks; and
- Setting realistic expectations and goals.

For further information or to arrange attendance, please contact Day Program Intake on 03 9468 0177 or via email on dayprogram.intake@healthscope.com.au

Private health cover and a referral from your GP or specialist to a Northpark accredited Psychiatrist are required.



Corner Plenty & Greenhills Roads, Bundoora VIC 3083

Phone: 03 9468 0100 | Fax: 03 9467 7186

www.northparkprivate.com.au

ABN 85 006 405 152 | A Healthscope hospital.