

Becoming a Mother: New Landscapes of Identity



Are you crying more than usual?

Do you feel exhausted, sad and anxious?

Not eating or sleeping?

Northpark Private Hospitals' New Mothers Art Therapy support group gives you a chance to meet other new mothers, discuss issues that have made you unhappy and unable to enjoy your baby and creatively explore feelings about the changes in your life as result of becoming a mother.

“I was a bit unsure at first, after all I’m not creative, but I found it really helpful”.

“I felt supported and understood”.

For further information or to arrange to attend, please contact Day Program Intake on **03 9468 0177**.

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

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