

Early Parenting Day Program

Who: Designed for women who experience emotional distress/disorders associated with childbirth, adjustment, and other child-related difficulties. This program suits mothers of babies between birth - 1 year of age and are welcome and encouraged to bring their child with them. Mothers of children aged 1-5 years of age may attend the program alone.

This program offers strategies and skills to parents 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
- Communication skills
- Problem-solving and time management
- Parent and infant relationship enhancement
- Improving self-esteem
- Exploring and enhancing support networks
- Setting realistic expectations and goals.

When: 10 week closed program- offered four times a year as a full day program.

For further information or to arrange to attend, contact Day Program Intake on **03 9468 0177** or email **Northpark.dayprogram@healthscope.com.au**. Alternatively, please see EPU Nursing or Therapy staff.

Private health cover and a referral from your treating psychiatrist are required

Corner Plenty & Greenhills Roads, Bundoora VIC 3083

Phone: 03 9468 0100 | **Fax:** 03 9467 7186

www.northparkprivatehospital.com.au

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