

Emotional Wellbeing Support Group



Support and Information in a friendly group setting for women experiencing ante-natal or post natal depression.

- * Signs and Symptoms
- * Treatment Options and Self Help Strategies
 - * Mindfulness and Meditation
 - * Anxiety and Stress Management
 - * Attachment and Bonding
 - * Self Esteem and Self Image



Tuesday Mornings
1st August to 26th September
9.30am to 11.30midday



Gawler & District College B-12 Children's Centre
Gate 6 - 69 Barnet Road Evanston

PLEASE NOTE: - Last Day To Register - Friday 14/7/2017

Contact: Megan - 08 8522 3626 or EMAIL: megan.coad@sa.gov.au

FREE CRECHE & MORNING TEA PROVIDED

IN PARTNERSHIP WITH MARK OLIPHANT COLLEGE B-12 CHILDREN'S CENTRE



Gawler and District College B-12
Children's Centre
for Early Childhood
Development and Parenting



Mark Oliphant College B-12
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