



New Mums and Bubs Group

**Baby Play and Self-Care Activities
for first-time mums with a baby born in 2020?**

Would you like to:

- Meet other first-time mums living in Yarra Ranges?
- Discover baby play ideas, songs, and movement activities?
- Explore your strengths and nurture your wellbeing as a mother?
- Discover free services, programs, and activities available to support you and your baby?

When: Wednesday afternoons (4-week group)
July 14th to September 8th, 2021

Please note new start dates

Time: 1:30 to 3:30 pm

Where: Rolling Hills Family & Children's Centre
54-56 Landscape Drive, Mooroolbark

Cost: Free of charge for first-time mums with
babies born in 2020

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Join us to support your parenting, share stories, and take some time out for you

PARENT*ZONE*

This event is proudly funded by

