

NEPEAN YOUNG PREGNANCY

SUPPORT GROUP

Are you pregnant and under 25 years old? Want to meet other young people? Need to attend an antenatal clinic?

Come and meet other young mums-to-be and have a chat. Feel free to bring your partner/support person. Morning tea is provided. We do belly casts at 36 weeks! Support services, information and speakers are offered.

TERM 1 GUEST SPEAKERS

- 2.5.17 - Intro to Circle of Security**
- 9.5.17 - Oral Care - Dental**
- 16.5.17 - Perinatal Depression - Beyond Blue**
- 23.5.17 - Legal Aid**
- 30.5.17 - Budgeting - Muru Mittigar**
- 6.6.17 - Penrith Women's Health**
- 13.6.17 - Keeping Kids Safe from Harm**
- 20.6.17 - Speaker TBC**
- 27.6.17 - End of Term Special Morning Tea**

**10AM to 12PM TUESDAYS
(during school term)**

At the Penrith Women's Health Centre
Corner Henry & Station St, Penrith

For more information call Sami (Youth Worker) on
0408 586 797 or Bronwyn (Aboriginal Project
Worker) on 0439 455 139



Young Parents Western Sydney

Nepean Community & Neighbourhood Services



RESPECT. RESILIENCE. RECONCILIATION.

www.nepeancommunity.org.au