

Phone (03) 5430 0500

Bendigo Community Health Services

PROGRAM COORDINATOR

CONTACT DETAILS

YPP



Young Pregnant
& Parenting
Program



Young Pregnant & Parenting Program

aims to

- Support young families who are 21 years and under who are pregnant and/or parenting their first child
- Provide access to relevant pregnancy and parenting information
- Support young families during the personal journey of birth and parenting
- Provide information and referral to support services, health services and education and training

GROUP PROGRAMS

Mum2B provides opportunities for young pregnant women to meet other young pregnant women. Group sessions include; antenatal education which is conducted by trained midwives, hospital tours, water aerobics and other social activities. Free transport is provided as well as a healthy snack.

Young Mums Group aims to provide current information whilst offering fun social activities in a relaxed and comfortable environment. A Maternal Child and Health Nurse co-facilitates the group allowing parents to have their questions answered. Group sessions include; breastfeeding, budgeting, healthy relationships, introduction of solids, baby massage, swimming and pampering sessions. Free transport and a healthy lunch provided each week.