

The Bendigo Community Health Services Young Pregnant and Parenting Program is making a fresh start.

A new co-ordinator, venue and partnership with the City of Greater Bendigo will welcome new group members from March 1.

The Young Pregnant and Parenting Program is free and designed to support young families aged 25 years and under who are pregnant or parenting their first child.

The program combines pregnancy and parenting information, health services, education and training with fun social activities in a relaxed environment.

Linda Robertson has taken over as program co-ordinator for BCHS.

With more than 15 years experience in supporting families with young children in the Bendigo community, Linda is looking forward to helping young parents on their pregnancy and parenting journey.

Pregnancy and parenting can be exciting but also full of challenges.

If you are a teenager or aged 25 and under and pregnant or parenting your first baby, this program is there to help and support you.

“Whether you want information about pregnancy, pain relief options for labour, need help with transport to get to your appointments, have money or housing issues, want to meet other young mums or just want someone to talk with, this free program is here for you.”

“Some weeks you will enjoy visits from guest speakers and getting to go out to local facilities and events, and other weeks you get to decide what we do.”

A new partnership with the City of Greater Bendigo will see the program run from The Mews building behind the Bendigo Visitor Information Centre in the Old Post Office in Pall Mall.

The City of Greater Bendigo will now provide a maternal and child health nurse at each group session.

One former mum-to-be praised the value of the group in her journey.

“I thought it was great. I learnt a lot by coming to this class. It’s made me a lot more excited about having a baby and not as scared,” she said.

For more information on YPPP or to organise transport to the event, call co-ordinator Linda Robertson Monday or Tuesday on 5430 0500 or Thursday afternoons on 5448 1600.

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