



POSTNATAL

The Nurture Program

Support for new mothers experiencing
a challenging transition to motherhood.



WILD ROSE
wellness & psychology

Program Overview

Find your confidence, reconnect with yourself, and embrace motherhood with greater calm.

The transition to motherhood is one of life's most profound changes. While it can bring immense joy, it can also leave many women feeling overwhelmed, anxious or disconnected from the person they once were.

If your mind never seems to switch off, you're constantly worrying or second-guessing yourself, know that you're not alone.

Our Nurture Program is a psychologist-led, evidence-based group designed to help mothers navigate the emotional challenges of the postpartum period. In a safe, supportive environment, you'll learn practical strategies to reduce anxiety, build confidence and feel more present and connected with your baby.

You'll develop practical skills to:

- Reduce worry and overthinking
- Feel calmer and more emotionally in control
- Build confidence in yourself and your parenting
- Strengthen your emotional wellbeing
- Feel more connected with yourself, your baby and your family

Delivered in a small, supportive group, you'll connect with other mothers experiencing similar challenges while working through your own personal journey in a way that feels comfortable for you.

We take a collaborative care approach by corresponding with your GP, obstetrician, psychiatrist and other healthcare providers to ensure your care is personalised and coordinated.

Whether you're recovering from a difficult birth, experiencing postpartum anxiety or depression, or simply wanting to feel more like yourself again, The Nurture Program is here to help you feel understood, supported and build connection with other mothers who truly understand.

Bubs are welcome.

Program Details

Dates:

Monday 24, 31 August & 7 September
Monday 5, 12 & 19 October
Monday 2, 9 & 16 November

Time:

10am – midday

Duration:

3 weekly sessions - 2 hours per session

Fee:

\$795 (\$265 per session)

Rebates

With a valid GP referral for group therapy and a Mental Health Care Plan Medicare rebate will apply. Alternatively, you may wish to check with your private health insurer if you have cover for psychology-led group programs.

Register your interest

Email: hello@wildrosewellness.com.au

Phone or SMS: 0477 973 219

Facilitators



Kelly Count
Clinical Psychologist



Jane Norgard
Clinical Psychologist



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