



ONLINE MOTHERS GROUP

The Village Program

**No matter where you live,
every mother deserves a village.**



WILD ROSE
wellness & psychology

Program Overview

You don't have to do motherhood alone. Join The Village and find connection, support and understanding, wherever you are.

Pregnancy and early motherhood can be both beautiful and overwhelming, especially when you're feeling isolated or living in a rural, regional or remote community.

The Village is a professionally facilitated online support group designed to provide connection, encouragement and evidence-based perinatal support during both the antenatal and postnatal periods.

The Village will provide:

- Connect with other mothers who understand your journey
- Reduce feelings of isolation and build meaningful connections
- Learn practical strategies to manage stress, anxiety and overwhelm
- Build confidence as you prepare for or adjust to motherhood
- Strengthen your emotional wellbeing and connection with your baby
- Access specialist perinatal support from the comfort of home

Delivered via a secure online platform, The Village brings together mothers from across Australia in a warm, welcoming and supportive environment. Participate as much or as little as feels comfortable, every mother's experience is respected and valued.

For women requiring additional support, participation can be complemented with individual psychological therapy and collaborative care alongside your healthcare team.

Whether you're navigating pregnancy, the challenges of motherhood, or simply seeking connection with other mothers, The Village offers a place where you'll feel understood, supported and connected, no matter where you call home.

For many women, one of the greatest benefits of the program is simply realising they are not alone. Sharing the journey with other mothers who understand can reduce feelings of isolation and create lasting friendships and support beyond the program itself.

Program Details

Dates:

Every Wednesday

Time:

10am – 11am

Duration:

Weekly 60-minute online sessions

Fee:

\$120

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

One of the unique strengths of this group is that it is facilitated by a collaborative team of qualified health professionals, rather than a single facilitator.

Throughout the year, you'll benefit from the collective knowledge and experience of our multidisciplinary team, with different facilitators bringing their own areas of expertise, perspectives, practical strategies and evidence-based resources.



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