



# ANTENATAL

## The Bloom Program

Navigating anxiety, rumination  
and overwhelm during pregnancy.



WILD ROSE  
wellness & psychology

## Program Overview

Our antenatal Bloom program is designed for expectant mothers experiencing anxiety, worry, low mood, previous pregnancy loss, birth trauma, fertility challenges, or concerns about the transition to parenthood.

The program focuses on:

- Understanding the emotional and psychological changes that can occur during pregnancy.
- Learning evidence-based strategies to manage worry, anxiety, and repetitive negative thinking.
- Developing practical skills to regulate stress and support emotional wellbeing.
- Building confidence in coping with pregnancy-related uncertainties, appointments, and preparation for birth.
- Identifying unhelpful coping patterns and strengthening effective responses to challenges.
- Preparing for the postnatal period, including awareness of common emotional experiences and early signs that additional support may be helpful.
- Creating a personalised wellbeing plan to support the transition into parenthood.

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.

Content is tailored to the needs and experiences of the participants, allowing space to address individual concerns and questions throughout the program.

We believe the best outcomes are achieved through a collaborative model of care, working closely with your GP, obstetrician, psychologist/psychiatrist, and other healthcare providers to ensure your support is coordinated, personalised and responsive to your individual needs.

## Program Details

### Dates:

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

### Time:

10am – midday

### Duration:

2 hour sessions over 3 weeks

### 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](mailto:hello@wildrosewellness.com.au)

Phone or SMS: 0477 973 219

## Facilitators



**Kelly Count**  
Clinical Psychologist



**Jane Norgard**  
Clinical Psychologist



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