



Free First Time Parents Group

Becoming a parent is an incredible journey, but it can also feel overwhelming at times. Our friendly parent groups are a safe, supportive space where you can connect with other first-time parents, share experiences, ask questions and learn practical tips for navigating those early months.

Over six weeks, we'll cover everything including sleep and settling, feeding, safety, illnesses, play and your baby's development; while building confidence and connections. You're not alone on this journey.

More information:

Scan the QR code, speak with your MCHN or call 8571 1880.

An interpreter can be arranged if required.

