

Being Mums - Skills Group for New Mums

MONA VALE 2026



***A group for mothers with babies
(up to 1 year old)
feeling stressed at times and
finding it hard to cope***

Come and reflect on your journey of motherhood, share experiences and develop new skills, resources and even new friends. Sessions are held for 8 weeks at MONA VALE.

Topics covered include adjusting to parenting and expectations, improving relationships, and using mindfulness skills to better manage stress, emotions and unhelpful thoughts.

Babies are welcome to come with mum to the group.

Who can attend? If you live, work or study in Northern Sydney or the Northern Beaches and have mild to moderate mental health issues, you may be eligible to attend.

How much does the group cost? FREE with the appropriate referral.

2026 Group Dates Adult Groups (18+ years)

9 Apr - 14 May

10:30am - 12:30pm Thursday, Mona Vale

21 May - 25 Jun

10:30am - 12:30pm Thursday, Mona Vale

Before a place in the group can be confirmed you must have a PHN Mental Health Triage referral from your doctor AND a copy of your Mental Health Treatment Plan, submitted to the SNHN for processing.



For more information, contact Lifeline H2HS Group Services:

📞 8287 1158

✉️ groupservices@lifelineh2h.org.au

👉 www.lifelineh2hsydney.org.au

Funding for groups is provided by Sydney North Primary Health Network