

Term 1 | Events

Monday

10am - 12pm

Babbingur Mia Playgroup

Come and join us for a yarn as your child/ren meet others, participate in a variety of activities and connect with culture.

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Wednesday

9am - 11am

Emotional Health & Wellbeing

Nutrition focused mini workshops to support health & wellbeing.

12pm - 2pm

Surviving to Thriving

Women will gain support, valuable knowledge and develop strategies to assist their situation.

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Friday

9.30am - 11.30am

Social & Emotional Wellbeing

(BBM clients only)

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Saturday

10am - 12pm

Becoming Dad

Evidence-based perinatal and family health program for new and expecting dads.

Tuesday

9am - 11am

Perinatal Mental Health Group

Explore the challenges of motherhood, self-esteem, coping strategies, stress relaxation and identity.

3.30pm - 4.45pm

Onwards & Upwards (Baldivis)

Resilience building group for children aged 7 - 11 years old.

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Thursday

9am - 11am

(Fortnightly)

FIFO Workshops

Improve your mental health & wellbeing with others going through similar experiences.

12pm - 2pm-

Circle of Security Parenting

Supports parents and caregivers to develop safe, strong, nurturing relationships with their child/ren.

3.30pm - 5pm

Onwards & Upwards

Resilience building group for children aged 7 - 11 years old.



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