

Are you the mother of a child with disability?

Are you interested in your own health and wellbeing?

Are you ready for change?

Maybe the Healthy Mothers Healthy Families
online facilitated program is for you.

Kindred has partnered with A/Prof Helen Bourke-Taylor and Monash University to run FREE online Healthy Mothers Healthy Families workshops.

Come and learn how to create a healthy lifestyle that fosters your own health and wellbeing alongside a happy and healthy family life.

Each program is delivered in 3 x 2-hour sessions over 6 weeks.

The sessions cover:

- how to make positive changes to your health and wellbeing;
- research findings and the shared wisdom of other mothers;
- health information, tips and strategies;
- services and supports.

Groups run for FREE from March 2021 to December 2022

Find out more and register to attend:

<https://www.kindred.org.au/hmf>



Kindred
www.kindred.org.au