

www.latrobe.edu.au/csmch/prism



Program of Resources, Information and Support for Mothers



'Bayside for Mothers' think fathers enjoy networking too! Bring your babies and young children and meet other fathers in your local community.

Date: Sunday 10/9/2000

Time: 2.00 - 4.00 pm

There will be great food & good coffee.

A baby & child friendly space with activities for play and time to chat.

Dads' Arvo

Fathers Meeting Fathers



**VENUE: MEETING ROOM, UNITING CHURCH,
17 TRENTHAM STREET, SANDRINGHAM**

**RSVP: BY 6/9 TO ASSIST WITH CATERING
CONTACT: PRISM PROJECT OFFICERS,
JENNIFER or SERENA on 9599 4307**



Let's Eat Cake



*Come and join us for a free
morning-tea at The Marine Hotel,
New Street , Brighton.*

Tuesday 29/8/2000

Time: 10.00am

As well as enjoying a cuppa & a chat, come and celebrate Bayside Council's new house-cleaning support service for families following the birth of a baby.

Babies & toddlers welcome.

**RSVP: PLEASE BOOK BY
CALLING JENNIFER OR SERENA
(PRISM PROJECT OFFICERS) ON
9599 4307 BY FRIDAY 25/8**



Sponsored by The Marine Hotel



THURSDAY 4TH MAY 2000

Time: 10.00



Central Gippsland
Health Service

innovative leaders in the
delivery of integrated health
services to our community

CELEBRATION OF MOTHERHOOD

Fauna Park Adventure Playground
Guthridge Parade Sale

WELLINGTON
SHIRE COUNCIL

Prosperity from Diversity

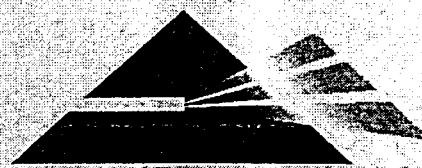
Join us with morning tea to celebrate



Supported by: Central Gippsland Health Service
RAAF East Sale
Wellington Traders
Donna Hire
Mc Donalds Sale
Gippsland Women's Health
PRISM

Demonstrations and Information

- ◆ Central Gippsland Health Service
- ◆ Maternal & Child Health
- ◆ Todd Chiropractic
- ◆ Gippsland Women's Health
- ◆ Parentzone
- ◆ Nursing Mothers Association
- ◆ CFA
- ◆ Sale College
- ◆ Wellington Shire Immunization Information



P R I S M

Refreshments supplied
by Mc Donalds Sale

Deb Brown: 51438637

PRISM - Program of Resources, Information &
Support for Mothers

Waratah Wing
Palmerston Street, Sale 3850

Phone: 51438637 Sale

Fax: 51438889 Sale

Parentzone
GIPPSLAND

What's On - Community Noticeboard

**M
O
N
D
A
Y**

Nursing Mothers' - Ringwood Group

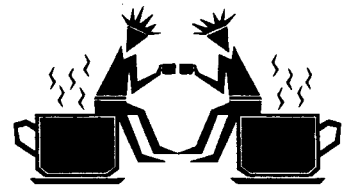
New & Expectant Mothers 1-3pm
August 14th - Breastfeeding & Infant Growth
September 4th - You Can Do It - Breastfeeding Your Baby



Contact Kerrie 9870 3824

Parents With a Disability Support Group

For The Eastern Region
Fortnightly 1pm - 3.30pm
Anglicare Croydon
Contact Jeanette or Effe at Yorella on 9607 3522
Childcare, attendant care and other support available



**T
U
E
S
D
A
Y**

Croydon Library

Tiny Tots (Mums & Babies 0-12 months)
Every week 1pm Songs, Rhymes and Stories and time together for mothers over a cuppa
Contact Pia Butcher 9724 3232

Parents Group

For parents, carers and grandparents
9.30-11am
Friendship Inn
Sacred Heart Catholic Church
35 Wicklow Av Croydon
Contact Suzie 9723 9326 or the parish

M.O.P.S.

(Mothers of Preschoolers)
1st and 3rd Tuesday of the month. A chance for some time out. Children cared for in same building. Guest Speakers, activities and discussion
9.30am-11.45am Cost \$6 per week
Ringwood Church of Christ
Contact Joy-anne Edwards 9779 4067

**W
E
D
N
E
S
D
A
Y**

Post Natal Exercise Group

Where: Eastern Access Community Health
46 Warrandyte Rd Ringwood
When: 10-11am
Cost: \$2.00 per session
Contact: Physiotherapist Joanne Robinson 9879 3933

Nursing Mothers' - Ringwood Group

Coffee Mornings 2nd & 4th Wednesday
10 am - 12 noon
Topic each meeting for discussion
Confidential Breastfeeding Counselling Available
Contact Kerrie 9870 3824
Lilydale Croydon Group Meetings
Contact Pearl 9761 9701

Conservatory Tea Rooms

Wyreana Community Arts Centre
13 - 23 Hull Road Croydon
Spacious setting overlooking gardens and playground
10am - 12 noon Special mothers time
Contact 9725 0992

**T
H
U
R
S
D
A
Y**

Mum's Time Together Lunches

Last Thursday of the month. Guest presenter and informal time together with other mothers and babies
When: 10.30-12.30
Where: Women's Health East
28 Warrandyte Rd
Cost: \$6.00 for lunch
Contact: 9879 2199 to book at least 3 days prior
August Topic: Simple Home Remedies for Mother & Baby by a Naturopath (see page 4)

All Smiles Florist Café

Special time for mothers
10am - 12 noon.
Enjoy beautiful flowers, bright colours and lots of space.
Shop 1&2 10-14 Railway Ave
East Ringwood
Phone 9879 2855

Kidz Bizz

Babygroup
Baby too young for playgroup?
Babygroup offers friendship, discussions, outings, playtime and singing
Contact Dorothy 9720 9193

**F
R
I
D
A
Y**

Spikes Café - Ringwood Public Golf Course

Drop in for a relaxing cuppa
10am-12pm is special mothers time.
Contact 9876 8049



**S
A
T
U
R
D
A
Y**

Playgroup for Fathers & their Children

Saturday Mornings 10am-12noon
Maroondah Social & Community Health Centre
Contact ALLAN JARVIE 9879 3933

COMING UP

Arrabri Community House: Skillsnet Courses in computers. Beginners Course 9 hours covers Introduction to computers, Introduction to the internet and Introduction to Email. All for only \$16.50. Various times & Childcare available
Details: 9729 2863



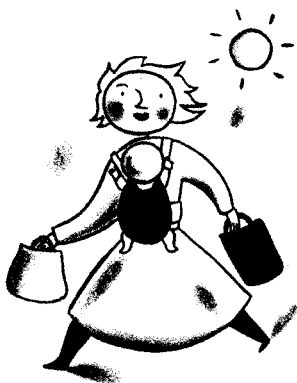
Keeping in touch, meeting people, making friends

New babies bring both joys and difficulties, and it's good to have people around you to share these with.

As a busy mother you need the kind of friend who will hang out the clothes for you if you are having "one of those days", or listen when you want to share what's happening in your life.

Sometimes friendships can change when you have a baby. It's a good time to make new friends, especially with other mothers who know what it's like to be at home with a new baby.

In this section you'll find a range of ideas for ways to meet other mothers.



PRISM Cafés

Mothers and babies are welcome at any time at the PRISM Cafés listed in the first section of this guide. The following cafés have also set aside a morning or afternoon especially for mothers, to meet each other over a cappuccino.

Bridgewater Bay Kiosk, Cape Bridgewater
Wednesday morning every week

Cobbers' Café, Edgar Street, Heywood
Thursday morning every week

Cottage Rose Kitchen, Henty Street Casterton
First Tuesday every month

Ocean Pier Tea Rooms, 79 Bentinck Street, Portland
Tuesday morning every week

Cry-Baby Cinema Sessions, Star Cinema

Julia Street, Portland.

Cry-Baby cinema sessions have proved popular in Melbourne, so the Star Cinema management thought they'd give it a try in Portland. Cry-Baby cinema sessions began in May 1999. If the response to them proves good, they'll continue special screenings for mothers every month. Watch the local press for details, or call the cinema ☎ 5523 3467.

Here's what you can expect at a Cry-Baby screening:

- ▲ the latest films shown on the big screen
- ▲ cinema lights dimmed rather than completely darkened
- ▲ you won't have to worry if your baby makes her presence felt, because everybody else in the cinema will understand.

Enter through the print office on Julia Street. The staff will help you get pushers and prams up the stairs. Once inside you can park your pusher, sit back and enjoy the film while your baby sleeps, snores, feeds, burps, gurgles or cries.

'Cry-Baby Bus' for Heywood mothers

The Heywood Community Bus is available to transport Heywood mothers and babies to Cry-Baby Cinema Sessions in Portland. If mothers wish to visit the Leisure and Aquatic Centre, the Botanic Gardens, the Maritime Discovery Centre, or take part in other activities this may also be possible. Why not organise all the mothers in your first-time mothers' group to go together?

For information ring Sue Brumby, Heywood Primary Care Nurse ☎ 5527 1204 or Annie Lanyon, PRISM Project Officer ☎ 5522 2327.