



Program of Resources, Information and Support for Mothers



Do you enjoy walking? Would you like to meet other local women with babies or toddlers who enjoy walking?

If you would like to join a walking group with other mothers in the local area, please leave your name and address here.

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'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 TRENTAM 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

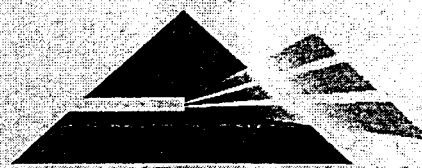
Join us with morning tea to celebrate

Supported by: Central Gippsland Health Service
RAAF East Sale
Wellington Traders
Donpra 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

Parentzone
GIPPSLAND



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

What's On - Community Noticeboard

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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 Effie at Yorella on 9607 3522

Childcare, attendant care and other support available



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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

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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

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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

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Spikes Café - Ringwood Public Golf

Course

Drop in for a relaxing cuppa

10am-12pm is special mothers time.

Contact 9876 8049



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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



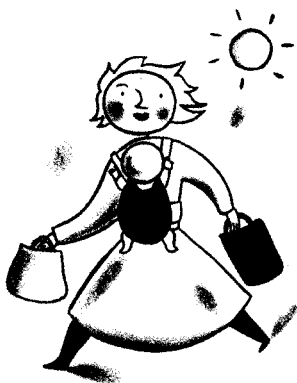
Keeping in touch, meeting people, making friends

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.