




**caring mums**  
POWERED BY NCJWA VIC

No woman  
should feel alone  
on her journey of  
motherhood.

Holistic, emotional support for mums  
of new babies and mums-to-be.



A PROGRAM OF NCJWA VIC  
EMPOWERING WOMEN AND GIRLS IN VICTORIA.



- Looking for someone to talk to? To share the ups and downs?

## Caring mums is here.

In the challenging first months of your baby's life, a trained volunteer provides you with one-on-one emotional support. Through weekly visits, together you navigate the new and exciting road of motherhood.

The program is confidential, free of charge and non-judgmental. Women in the cities of Bayside, Boroondara, Glen Eira, Kingston, Port Phillip, Stonnington & Yarra are eligible for the service for up to one year.

Women who live outside these catchment areas and would like the support are eligible for our Extended Reach program (over the phone).

### Contact Details

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**NCJWAVIC.ORG.AU/CARINGMUMS**