



# COMMUNITY MOTHERS PROGRAM - MODIFIED SUPPORT OPTIONS

## COVID-19 REPOSE

We recognise that this is a heightened time of anxiety and social isolation for both expectant and new mothers. We want to reassure you that supporting our community through this time is our number one priority.

Our Community Mothers Program is still running and we can offer you immediate support and connections via our modified service delivery plan.

Please see over for full details on how to access our support services.

## ABOUT THE PROGRAM

The Community Mothers Program is a service available to families living in the City of Cockburn and the City of Kwinana. The program was designed and developed together with community members, to provide support and connection for families, in the early days of parenting and as their children grow.

A Community Mother is matched with your family and during the COVID-19 pandemic will support you virtually via Zoom, WhatsApp, Facetime or phone. (pre-COVID we would visit you at home, in a local park or wherever you feel most comfortable.

Your Community Mother will also help connect you with your local community, health and parenting services, such as playgroup, support programs and other local activities.

The program is supported by Connecting Community for Kids and Curtin University, School of Nursing.

## WHO DO WE SUPPORT?

The Community Mothers Program supports families with babies and / or children under the age of five. Our volunteers also support families expecting a baby at any stage of the pregnancy. We accept both professional and self-referrals.

## OUR COMMUNITY MOTHERS

Our Community Mothers are compassionate and local volunteers, who have all experienced the ups and downs of parenting. They are understanding and empathetic mothers who offer support on your forever changing parenting journey. They often volunteer with the program to support families in the way that they would have liked to have been supported when their own children were young.

All Community Mothers receive training provided by Curtin University, School of Nursing and attend regular mentoring and training sessions.

# COMMUNITY MOTHERS PROGRAM REFERRAL FORM

## MODIFIED APPLICATION PROCESS DUE TO COVID-19

### How to access our services during the COVID-19 Pandemic

If you wish to access our services please either call or email Wendy who will be able to match you with a Community Mother to support you.

**Email:** wendyk@connecting4kids.com.au

**Phone:** 0429 904 324

### How will our services be modified during the COVID-19 Pandemic?

We will be offering an enhanced level of support during this time with weekly support available (usually monthly), or as often as required.

Support can be offered via:

- Zoom
- WhatsApp
- Facetime
- Phone call

You can choose which option suits you, and your family, the best and you feel most comfortable using.