



# COMMUNITY MOTHERS PROGRAM

## ABOUT THE PROGRAM

The Community Mothers Program is a free home visiting 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 will visit you at home, in a local park or wherever you feel most comfortable to provide confidential and non-judgmental support on your parenting journey.

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 Kwinana Early Years Services (KEYS) and Meerilinga Promoting Positive Childhoods.

## 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.

## HOW TO GET SUPPORT

Email / call Susie or Carolyn via the details at the bottom of this flyer. You can also fill out your details on the reverse side.

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## REFERRAL FORM

Applicants Name:	
Address:	
Contact Phone:	
Email:	
Number and Age of Children:	
Date:	
Source of Referral:	

Please provide any other information below that you would like to share with us:

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All information provided will remain confidential.

Please email this form to [hello@community-mothers.org](mailto:hello@community-mothers.org) - you are also welcome to take a photo and email it.