

# Women's health support program



**Holistic support for mothers and families, for as long as you need after the post-natal period.**

Note, this program is designed to provide further nursing and/or allied health support to supplement any existing interventions you may be receiving from your OB/GYN/midwife or maternal child health nurse, and is not designed to be a replacement program.

Having a baby affects you physically, mentally and emotionally. It's important to look after all aspects of your health, so you can look after your baby.

Our **women's health support program** has been designed to help mothers during the ante and post-natal periods, and includes:



- Checking-in with a district nurse – 1 x 60 minute session, and
- Allied health support, as needed.

**Allied health services can include:**

**Physiotherapy** – for any pre/post pregnancy aches and pains, muscle separations and pelvic floor muscle training.

**Occupational Therapy** – advice regarding suitable equipment for you and your baby (prams, car seats etc).

**Social Work** – a port of call if you require additional support or someone to speak with during or after your pregnancy.

**Dietetics** – optimise your nutrition for general wellbeing and to alleviate bowel/bladder symptoms.

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Sessions can be online or in person. Any out-of-pocket cost will be based on your income.

## Contact us

For further information, please contact **Karina (Physiotherapist)** or **Nicole (District Nurse)** on **03 5366 7999**.

