



# Becoming Us Welcome to Parenthood Course

Not sure how to do it all now that your baby is here?  
Want to plan ahead, but don't know what to focus on or where to start?  
Want to support your partner and nurture your relationship at the same time?

We've got you covered! These 4 expert sessions will equip you for the journey ahead.

## SESSION 1

### THE JOURNEY SO FAR

Being a parent can change different aspects of your life and your relationships. Learn ways to adjust to the normal challenges that will arise.

## SESSION 2

### SETTING UP BASE CAMP

We will plan routines for your own health and wellbeing that also support your baby's development in the first few months.

## SESSION 3

### FROM BEING ME TO BECOMING US

There are some normal changes in life and love after your baby arrives. Learn how to work with the changes in ways that support your whole family.

## SESSION 4

### TRAVELLING TOGETHER


Parenthood is an adventure into the unknown! Learn how to manage the unexpected and ways to support each other through the journey.


Sign up now to have your Certified Becoming Us Facilitator guide you towards your family's best beginning.

## 'Becoming Us' Facilitator - Mathew Aquilina

Mathew is an accredited 'Becoming Us' facilitator with more than 10 years' experience as a psychologist and group facilitator. Mathew has a special interest in the perinatal period, the transition to parenthood, and the importance of father-inclusive practices in antenatal care. He also brings his experience of early parenthood and the challenges it can bring to relationships

CURRENTLY TAKING EXPRESSIONS OF INTEREST. TO REGISTER YOUR INTEREST CONTACT US:

 1800 372 000 (Option 2)

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