

# Prepare yourself for the transition to family life with

Relaxing  
into  
Parenting

Canberra Mothercraft Society

&

And Baby  
Makes  
Three

Prepared by  
Relationships Australia



## This free group:

Eases you into parenting and  
**prepares you for this new phase**

**Strengthens relationships** and helps  
maintain intimacy at this precious  
and challenging time

Builds confidence about  
**responding to your baby's needs**

**Creates a support network** and  
helps you know where to find help  
when you need it

This free group is conducted over three  
weeks of prenatal sessions and one  
postnatal session.

### Please contact

Queen Elizabeth II Family Centre  
6205 2333  
[www.qeii.org.au](http://www.qeii.org.au)



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