

Perinatal Mental Health Day

for all Aboriginal & Torres Strait Islander Women who are pregnant
OR 12months postpartum

MAJOR SPONSOR

PCYC

PENRITH



Tuesday 10th February 2026

9.30am - 3pm

PCYC Penrith- 100 Station St, Penrith

Morning Tea & Lunch Provided

Welcome pack & Lucky Door prizes

Workshops to assist your physical, emotional and
creative/spiritual wellbeing.

Gidget Foundation- Perinatal Mental Health Yarn
Cleansing Ceremony - strengthen cultural connection
Women's Wellbeing Stalls - playgroups, walk & talk
groups, mental health supports & more

**Taking Steps on Your
Wellbeing Journey**



Limited spaces: bookings essential use QR code
for more information, please contact
Warada on 0451 075 144 OR waradamidwife@outlook.com

