

# Transitions

## Postnatal Growth & Support Group

### What does Transitions offer?

'Transitions' offers something different to many other groups for mothers. It is a place for women to debrief on a very personal level, in a safe space and with experienced post-natal therapists. It is also a place for women to speak from the heart and new friendships to be made.

### How do we work?

Through sharing and simple activities we foster awareness of our inner worlds. We use an open, relaxed approach and don't seek to give advice. We help each woman to find her own wisdom, in her own way.

### How many in the group?

The same group of women meets for 6 weeks on Thursday mornings. The group is for women and their babies (ideally pre-crawling). Maximum group size is 10 women.

### Here's what women have said about Transitions:

*"Being a part of this group gave me the opportunity to talk about some very real issues that I otherwise wouldn't have been comfortable sharing in another mothers group. E.g. relationship issues, body changes, sex, motherhood! The guidance and facilitation that Jane and Suzanne provided allowed us to talk about these issues in a way that felt safe."*

*"I really looked forward to coming to Transitions each week - it was a gentle and fun way to explore what it means to be a 'mum' and all the changes to my life and relationships this new identity brings. I loved the chance to meet like-minded women and felt very supported by Jane and Suzanne. It was great 'me time' and 'me and baby time'. Thanks so much."*

*"Having a safe and warm environment to come to each week helped to open up my heart post-baby. The trust and connectedness facilitated by two wonderful, experienced women created a bond strong enough for all members of the group to continue meeting past the workshop's completion. We are still meeting four months later."*

*"There is so much that I gained from this group that is hard to put into words. It was nurturing, supportive, honest/real, encouraging, helpful, humorous, and yummy (i.e. delicious morning teas!)."*

### Dates for 2010:

- |          |  |
|----------|--|
| Group 1: | February 18, 25<br>March 4, 11, 18, 25             |
| Group 2: | May 6, 13, 20, 27<br>June 3, 10                    |
| Group 3: | July 22, 29<br>August 5, 12, 19, 26                |
| Group 4: | October 28<br>November 4, 11, 18, 25<br>December 2 |

### About the Facilitators:

**Jane Campbell-Kaye** is a well known Active Birth and Yoga teacher and Gestalt Therapist with 27 years of experience in working with women and their partners in the childbearing years. Jane's commitment is to facilitate her client's personal growth so that they make the transition into parenthood with strength, knowledge and faith in their own abilities. Jane has three grown up sons.

**Suzanne Lister** is trained in both Occupational therapy and Gestalt Therapy. Suzanne has a passion for group work as well as supporting women through the early years of motherhood. Suzanne has a seven year old daughter.

For more info, see our website:

[www.postnatalsupport.com.au](http://www.postnatalsupport.com.au)

## Details:

Time: 9.45-12.45  
(Including morning tea)

Day: Thursdays mornings

Cost: \$240 for 6 weeks (less with rebate)  
Booking is essential

Place: 10 Hampson Street, Kelvin Grove  
(Quaker Meeting House)  
Parking available onsite

## Medicare Rebates:

To be eligible for the rebate (\$17.95 per session) women need a referral from their doctor under a GP Mental Health Plan. Referrals must be made to Suzanne Lister, Occupational Therapist and dated prior to commencement of the group. Please call Suzanne if you would like more information about Medicare referrals.

## Contact

Jane Campbell-Kaye  
3379 1896  
[jane@activebirthyoga.org](mailto:jane@activebirthyoga.org)

Suzanne Lister  
0435 523 813  
[suzlister@postnatalsupport.com.au](mailto:suzlister@postnatalsupport.com.au)

## Bookings:

Email or mail the following details to Jane:

[jane@activebirthyoga.org](mailto:jane@activebirthyoga.org)

Name:  
Address:  
Phone:  
Email:  
Baby's name:  
Baby's DOB:  
Payment date / method:  
How you found out about Transitions:

## Payment:

EFT  
Name: Jane Campbell-Kaye  
BSB: 484 799  
Acc: 050491349

*Please include your name in deposit.  
E.g. Trans/MarySmith*

- or -

Post Cheques to (payable to Jane Campbell-Kaye):

Jane Campbell-Kaye  
103 Hassall Street  
Corinda 4075

[www.postnatalsupport.com.au](http://www.postnatalsupport.com.au)

# Transitions Support Group For Mothers and Babies



*“A space to connect  
and debrief”*

**Medicare Rebates**