

Address all correspondence to

**THE CEO
CENTRAL BAYSIDE COMMUNITY HEALTH
SERVICES**

HEAD OFFICE

335 NEPEAN HIGHWAY PARKDALE

TEL 8587 0200 FAX 8587 0210

Whatever questions you may have,
information you may need or
problems you may want help with
don't hesitate to contact

Andrea on 9781 9333

Or drop into

1-3 The Strand Chelsea 3196

and ask to speak with

Andrea Wittick

(Community Health Nurse)

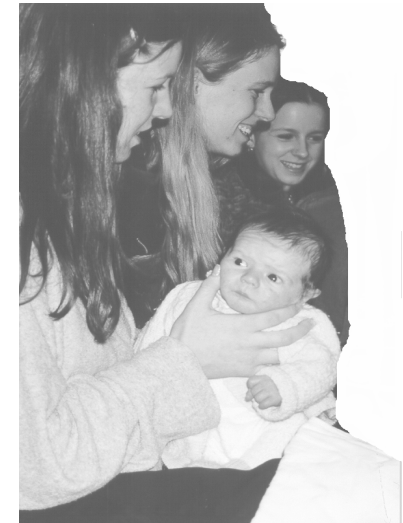


WE WELCOME YOUR COMMENTS

**PLEASE RETURN TO HEAD OFFICE
B-038 Dec 2005**



YOUNG WOMENS' PROGRAM



**Services available for
pregnant & parenting
young women and their children
living in and around the Kingston area**

**335 Nepean Highway Parkdale 3195
Telephone 8587 0200 Fax 8587 0210
Email : info@cbchs.org.au
Web Site : <http://www.cbchs.org.au>
Registration No. A0034938T
Working Smoke Free**

CBCHS Mission Statement

Our mission is to enhance the health and wellbeing of individuals through innovative, responsive services delivered in partnership with our community.

Values

- **Respect** for each individual, families and for the diverse cultures within our communities.
- **Empowerment** as a cornerstone of how we work; we acknowledge the potential of each person and promote client participation and contribution.
- **Collaboration** with each other and with members of the community and colleagues from other organisations. We recognise that together we can achieve better outcomes.
- **Quality** in all aspects of our work. Our practice is evidence based and we continually strive to achieve excellence in all of our programs and services.
- **Transparency** in how we operate, particularly in how we make decisions and communicate.

Vision Statement

Quality. Community. Wellbeing.

IF YOU ARE...

- a young woman under 22 years of age
- pregnant or with a pre-school aged child
- Looking to make new friends with other young women who are pregnant or parenting.
- wanting to find out more about your pregnancy, preparing for the birth of your baby or being a parent.

Central Bayside Community Health Services may be able to help

We can offer you access to workers who are friendly and sensitive to the particular needs of pregnant and parenting young women.

Our community health service also has a range of health and welfare services which may be helpful to you—just ask Andrea!

WHAT WE OFFER...

- **Pregnancy and unplanned pregnancy counselling and information** - about all of the options available to you.
- **Childbirth education** - a chance to meet other young pregnant women, obtain information and have your questions answered about anything concerning pregnancy, labour and after your baby is born. You are also welcome to borrow books and videos.
- **An opportunity to talk confidentially** - about personal issues and any concerns that you may have.
- **Linking** - in to other agencies and services such as housing, financial, counselling, material aid, returning to the workforce, education etc.

YOUNG MUM'S GROUP & YOUNG MUMS' PLAYGROUP

Both groups meet weekly and provide an opportunity for you and your child to meet and talk with other young women and their children in a friendly, relaxed environment and

- have fun and share common experiences
- build friendships and supports
- enjoy a variety of activities
- learn about other resources and services available in the community

