

## How to join the group

Contact the group facilitator (see details below) to register your interest. You will be invited to attend an interview to ensure that the group program is suitable for your needs.

## Group facilitator

Sue Somerville  
Senior Clinical Psychologist

## Contact details

Department of Psychological Medicine  
King Edward Memorial Hospital  
Agnes Walsh House  
(next door to main Hospital building)  
374 Bagot Road  
Subiaco WA 6008  
Tel: (08) 9340 1521

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**Compiled by:** Psychological Medicine  
**Email:** [susanne.somerville@health.wa.gov.au](mailto:susanne.somerville@health.wa.gov.au)  
**Web site:** <http://wchs.health.wa.gov.au>

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**King Edward Memorial  
Hospital for Women**  
374 Bagot Road  
Subiaco WA 6008  
Tel: (08) 9340 2222  
Fax: (08) 9388 1780

**Princess Margaret Hospital  
for Children**  
Roberts Road  
Subiaco WA 6008  
Tel: (08) 9340 8222  
Fax: (08) 9340 8111

# Antenatal Support Group



## The antenatal group

The antenatal group is a psychological support group for pregnant women who:

- Are booked to deliver at KEMH.
- Would benefit from extra support, information and assistance to be emotionally prepared for the experiences of childbirth, motherhood and parenting.
- Would like to develop a positive and realistic approach to parenthood.
- Are open to meeting and sharing experiences with other expectant mums.



## Program outline

- Week 1: Myths and expectations of pregnancy and motherhood.
- Week 2: Preparation for life changes.
- Week 3: Risk factors and prevention of postnatal depression.
- Week 4: Adjusting to body changes during and after pregnancy.
- Week 5: Building and maintaining self-esteem.
- Week 6: Coping with emotions: Understanding and managing mood swings.
- Week 7: Identifying and making use of community and social resources.
- Week 8: The impact of pregnancy and baby on relationships.
- Week 9: Summary, review and feedback session.

## Dates and times

- Nine-week program. 2 hour sessions.
- Run each semester given demand.
- Wednesday or Friday mornings.
- Includes a follow-up group reunion session four weeks after the end of the program.

## Location

1<sup>st</sup> Floor Seminar Room  
Agnes Walsh House  
(building located next door to KEMH)  
374 Bagot Road  
Subiaco WA 6008

## Cost

The group program is free.

Free creche facilities are available at KEMH for children under 7 years of age. Creche bookings are essential. Please call (08) 9340 1370.