

MISSION STATEMENT

Our mission is to support each mother to discover her own unique path to balance and well-being during one of the most significant time of her life.

WHAT ELSE SHOULD I KNOW?

We believe that all mothers are heroes. We consider motherhood to be a primary and valuable role in society. We know that the postpartum period is a crisis for EVERY mother. By offering real support and awareness during this time, we believe that our community—local and global—will become a better place to live for everyone.

mama2mama partners with Bellies & Babies and the Sunshine Coast Community Services, with Public Health and Mental Health on the Sunshine Coast.

We have monthly support group meetings, usually on the third Thursday of each month.

Our meetings are friendly, confidential, informal and inspiring. So is our web-community. Join us!

mama2mama
works in close partnership
with:

The Sunshine Coast
Community Services Society



Postpartum Support International



Pacific Postpartum Support Society



mama2mama
www.mamalove.org

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mama2mama is a resource
for any mother who wants
support and information to
help her through the
postpartum period.



mamalove.org

mama2mama is a postpartum adjustment support program.

This peer-led group is a resource for any mother who wants support and information to help her through the postpartum period.

Programs include regular group meetings, one-to-one peer support, an online forum, an informative website, a network of community health resources to tap into, as well as postpartum awareness campaigns.

mama2mama is a resource for any mother who wants support and information to help her through the postpartum period.

Based on the Sunshine Coast, mama2mama is a grassroots, community-based organization created by and for mamas.

We welcome your participation.

ABOUT US

mama2mama is for mamas, by mamas and about mamas.

Our goal is to offer support and information to women (and their families) during the postpartum period.

Our goal is also to create greater awareness about what the postpartum period is really like.

Group meetings, one-to-one peer support and an interactive website are the basis of our program.



Visit our website (mamalove.org) for resources and community.

mama2mama is enriched by your participation. Together, we can make this a GREAT community... Yours!

WELCOME MAMAS

Welcome.

This is a community of mamas; a safe space for you to reach out and get the information and support you're looking for to help you cope with the challenges and struggles of the after-baby days, months (and years!)

Whether you're a new mama, an experienced mama, a spouse, friend or family member, this program offers resources, connection and community for one of the most significant times of our lives.

See you at mamalove.org

