

# Day Programs

Catherine's House for Mothers, Babies and Families provides a broad spectrum of parenting and emotional wellbeing programs for people\* with perinatal mental health concerns.

All programs are evidence-based and are delivered by an experienced team of mental health professionals.

Participation is by referral from a GP, psychiatrist or obstetrician.



## Cognitive Behavioural Therapy (CBT) – Foundational Skills

### Understanding anxiety and depression in the peripartum and learning to manage negative thinking.

Research-based, this program supports the development of skills to manage anxiety, anger, perfectionism and distorted thinking. Participants learn to cope with change through strategies aimed at improving mental wellbeing and self-esteem.



## Cognitive Behavioural Therapy (CBT) – Refresher

### Refresher course on Cognitive Behavioural Therapy.

This module helps parents to manage negative thoughts, overcome guilt, develop anger management skills and enhance communications and relationships. The program further enhances positive and healthy coping strategies.



## New Dads' Program

### Parenting roles and models, and the seven types of dad.

This program introduces concepts related to perinatal mental health and encourages reflection on changes to family dynamics, intimacy and relationships. It supports dads to understand the signs and symptoms of perinatal anxiety, depression and acute stress and teaches improved self-awareness as well as sleep hygiene strategies.



## Early Parenting and Emotional Wellbeing

### Strategies for managing anxiety and depression in early parenthood.

This program focuses on stress management, relaxation options, improved communication skills and building self-esteem to support the health and wellbeing of parents and infants.



## Circle of Security

### Discovering how to distinguish children's emotional needs and responding appropriately.

Based on research, this module is designed to improve parent-infant bonding and support parents in managing children when unsettled or distressed.



## Creative Group

### Art and craft therapy techniques to enhance relaxation.

This course encourages mothers to create projects that reflect their bond with the babies. Mothers develop new creative skills such as watercolour painting and gain a deeper understanding of the value of self-care.