



“Help make things better for young mums.”



“Find out about childcare, study or work that’s right for you.”

Are you a young mother?
Do you know a young mother?



“Join or start a support group.”

Being a young mum can be hard sometimes...

You're not alone.

Stand up and reach out for what you need.

We did it and so can you!



“Make new friends.”

Hi,
Young Mums Rock! looks at
ways young mothers can get
what we need to be safe,
healthy and happy.

Check www.whwest.org.au to see what
other young mums have done or for more
info in your area contact:



A special thank you to all the women and services who support
Young Mums Rock! including Women's Health West,
Melton and Moorabool Young Pregnant and Parenting Group,
Djerriwarrh Health Services and Melton Shire Council.



To young mothers, friends and
families of young mothers



Produced by young mums for young mums as
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