

# young mums ARE AMAZING!

Young Well Beings

improving wellbeing of young mums

As a young mum,  
I appreciate the  
**practical** tips.  
It's like having a  
personal **guide**  
through motherhood

## GET SMART TIPS TO GROW YOUR WELLBEING

- Feeling overwhelmed?
- Discover self-care & thrive!
- Free online course by young mums & professionals

## BUILD YOUR STRENGTHS, LEARN PRACTICAL SKILLS & STRATEGIES

why join?

- **Free & Easy:** Do it on any device, anytime, anywhere!
- **For You:** Made by young mums, just like you
- **Practical & Helpful:** Videos, real stories & smart wellbeing tips
- **Level Up:** Build your calm & confidence

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Australian Government

Department of Health and Aged Care



Health  
Western Sydney  
Local Health District



Level up  
your calm &  
confidence!  
**Scan now.**

   
**@YoungWellBeings**

