

15 August 2016

**Media Release: Community Service Announcement**

**\*\*\*Open day for new and pregnant mums and their families\*\*\***

Caroline Chisholm Society, Goulburn Valley Pregnancy & Family Support Service, (GVP&FSS) affectionately known as "Preg Support" by many locals, is having a public open day for families of the Goulburn Valley.

Date: Wednesday 14<sup>th</sup> September 2016  
Time: 10am to 2pm  
Location: 15A St Andrews Road, Shepparton  
(Next door to the old St Andrews Road, Kindergarten)

What's on:

- Free sausage sizzle between 11:30am and 1:00pm.
- Games and activities for babies, toddlers and young children
- Expo of local services available for pregnant parents and parents with young children
- Volunteers available to make you a cuppa or simply offer a listening ear for those with young children.
- Launch of "Friends of Goulburn Valley Pregnancy & Family Support Service".

Aneta Moody, Lead Practitioner explained, "Being a stay at home mum or dad can be isolating for any parent. When you add other circumstances to the stay at home parent's, for example, financial hardship, inadequate housing, no local family support, can increase a parent's isolation to the brink. This is where our unique, non-judgemental and practical service fills a gap in the community."

"The event will celebrate the extension of our service – both in hours and space." Ms Moody said. "We're helping more families because we have more time. For that, we thank our volunteers, who are the back bone of our community. Because of them, we are now open five days per week from 9am to 3pm. We have 14 volunteers working each week for 2 to 25 hours. Approximately 140 hours is worked each week by our volunteers. It's a very efficient service.

"Friends of Goulburn Valley Pregnancy & Family Support Service" will be launched, and membership forms will be available on the day. The fee is \$25 per year. When you become a "Friend" of the service, you will receive a quarterly newsletter, invitations to special events and launches and a bumper sticker to proudly display on your vehicle as you drive around. It will give community members who are unable to volunteer or donate baby and children items an opportunity to contribute financially and become part of the service.

There will be "Early Years" (birth to pre-school age) local support services and agencies set up on site with information and representatives available to answer any questions from expectant families to families with children up to pre-school age. Parents may just want to enjoy taking time out to have a cuppa and meet other parents too.

**Enquires:**

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Phone 03 9361 7000 Fax 03 9361 7099

**Moonee Ponds**  
*Soon to be at:*  
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Essendon 3040

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