



AMINEE DICKENSON

Counsellor

Services

- Perinatal Anxiety
- Unexpected Birth experience
- Grief and Loss
- Miscarriage
- Early Parenting Adjustment
- Family Challenges
- Pregnancy after Loss
- Bereavement
- 'Baby Brain' support group - coming 2020!

Contact Details

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The journey into parenthood is by all means not an easy one. For some people it seems like a smooth transition but for others it is an emotional rollercoaster. Being able to talk to someone about the challenges I was facing after giving birth and becoming a parent and beyond certainly helped me to find some clarity and this is what motivated me to become a counsellor myself. I have a real passion to help parents through their labour and birth experience and I also truly believe that this experience can be significantly improved if they have a healthy mind and body leading into their journey and beyond into the postnatal period.

Of course there are some journeys into parenthood that are faced with many challenges such as miscarriage or difficulties become pregnant, the loss of a baby or an unexpected birth experience can all cause a certain degree of trauma. All of these experiences can greatly affect an individuals ability to move forward and feel positive about the future. By focusing on the individual or couple and working with them through talking therapies it can help to ease the pain and suffering that they may be experiencing.

“My Baby Brain”

Emotional health and well-being in pregnancy and beyond. Commencing 2020 in the OGCG suites.

The pregnancy journey can be a very challenging time filled with a range of emotions. While it is exciting and joyful it can also be a very daunting and worrisome time.

Your emotional health and well-being is just as important as your physical health at this very special time as it helps to set you up for the birth, baby and beyond.

My baby brain group support sessions provides an opportunity to share stories about how you are feeling in a relaxed and non judgemental environment and also receive relevant information and resources about coping with the emotional demands of pregnancy and becoming a parent . It is also a great opportunity to start building your postnatal village by engaging with new and expectant parents.

Facilitated by Aminee Dickenson, a qualified Midwife and Counsellor “My Baby Brain” provides a chance for new parents to take some time out and check in to the “how am I feeling” about pregnancy space?

Topics up for discussion will include

- Recognising normal emotional changes in pregnancy.
- How a good diet and exercise can help physically and emotionally.
- The importance of sleep in pregnancy.
- How to deal with stress though mindfulness and grounding techniques.
- Where can you get help for emotional health in pregnancy.
- The rise of social media and how to deal with it in pregnancy,

Plus much, much more.

To book an appointment at the OGCG rooms or to discuss if this is the right path for you I encourage you to make contact via my email or mobile aminee@ad-counselling.com or **0402 436 813**

Dip of Counselling, Postgraduate Dip in Midwifery, Bach of Science (Nursing), Childbirth Education Cert (Royal Women’s hospital), Member of the Australia Counselling Association, AHPRA registered.