

# Becoming a mum isn't always easy.

.....

Be reassured,  
feel supported and  
informed throughout  
your pregnancy and  
after your baby is born.

Register for our  
free messages.

**SMS: COPE**  
to **0458 773 529**  
Or go to:  
**[readytcope.org.au](http://readytcope.org.au)**

**It's totally free and confidential**



Centre of  
Perinatal Excellence