

Perinatal Mental Health & Maternal Care

Services:

- Counselling services addressing a broad spectrum of emotional challenges related to the perinatal period
- Birth debrief and postnatal support sessions
- Couples & group birth and early parenting education and preparation classes
- Antenatal & postnatal parenting packages including

More Information:

 **0401 641481**

 **www.lifespancentre.com.au**



Marina is a registered Counsellor & Psychotherapist with a background in midwifery who supports parents during their pregnancy journey with perinatal therapy or individualised, trauma and attachment-informed antenatal education.

