

**MAMMAS
ON A
MISSION**





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Helen Parker

Founder & CEO of The Babes Project

Empowering a generation of strong mothers to raise great children.

The Babes Project provides support to vulnerable women throughout their pregnancy, birth and first year of parenting.

NONPROFIT ORGANISATION

thebabesproject.com.au



What The Babes Project is all about

Created by Helen Parker - Founder & CEO

Pregnancy and parenting can be terrifying, painful, tearful and overwhelming – and especially for women facing domestic violence, homelessness, mental and physical health issues, unemployment and family breakdown.

But no new Mama should have to go it alone – and that's why The Babes Project is committed to offering all new mothers the support they need through crisis, and beyond.

WHAT WE DO

Not-for-profit crisis pregnancy support service The Babes Project stands beside pregnant women to tackle the many challenges, and helps new Mums find confidence and empowerment in their motherhood.

Founded by mothers, for mothers, The Babes Project delivers perinatal care that is completely free, at Pregnancy Support Centres across Melbourne's east and south-east suburbs.

You can access The Babes Project support through a referral from your health service, or by contacting us directly on **1300 14 02 12** or **info@thebabesproject.com**.

Our holistic operation supports women from any stage of pregnancy, and through the first crucial year of baby's life. Staff and volunteers ensure that clients receive regular emotional care, practical advice and workshops, advocacy to other health services, and vital supplies for parenting, all in a safe and nurturing environment.

The independent service model is a first for Australia, and since launching in 2009, The Babes Project has supported hundreds of women experiencing crisis pregnancy.

In 2018, The Babes Project crisis pregnancy took its successful model national, in response to growing demand.

New services are provided via -

The Babes Project App: A free smartphone app developed in Melbourne, offering timely information about pregnancy stages and the first year of baby's life, as well as key Australian contacts and services, an interactive calendar, photo diaries, and experiences shared by other mothers. Search for The Babes Project on your iPhone App Store now!

The Babes Project National Triage: A dedicated midwife, based at The Babes Project Croydon hub, to provide on-phone support, advice and recommendations for service providers near you, as well as provision of some baby goods. Support is on-going as individually required, and can replicate weekly appointments within our face-to-face perinatal program.

Staff and volunteers at our Frankston and Croydon centres are trained Pregnancy Support Workers, with backgrounds including nursing, midwifery, and counselling.

To learn more about The Babes Project and see our work in action, visit our website, Facebook page, or Instagram feed.

SUPPORT US

If you want to support The Babes Project, we'd love you to email us to register your interest to volunteer, or to donate financial assistance or baby goods.

The Babes Project work is made possible through a range of initiatives, including government grants, fundraising campaigns, and donations from businesses, philanthropists and the wider community.

But mainly, we're driven by people like you – passionate about making motherhood the best experience it can be, for every Mama!