

# YOU DON'T HAVE TO DO IT ALONE

## SUPPORT AND MENTORING FOR YOUNG MUMS

### WHAT IS Bump?

Bump is a mentoring program for young mums in Australia under the age of 23 who are pregnant or parenting.

We offer you an experienced mum to chat to and provide fun activities that are focused on you and your child. We offer you support, fun workshops and help you find other young mums in your area to hang out with.

- » **Bump is free**
- » **Food is supplied**
- » **Babysitting is provided**



[raise.org.au](http://raise.org.au)

**bump**  
mentoring for young mums



## What do we do at the workshops?

- » Lots of fun activities
- » Share hobbies, interests and goals
- » Connect you to local mums in your area
- » Talk about topics of interest
- » Provide information & access to services you might need
- » Most importantly, have lots of laughs

## Who are the mentors?

The mentors are volunteers from the community who are interested in helping young mums. The mentors are mums too, so they understand what it's like having a baby, and they're keen to share experiences and hear about what it's like for you. They will support you and be there for you, and everything you talk about is confidential.

## How do I join a Bump Program?

Contact us to let us know you would like to join Bump and we will arrange for you to come to the next workshop and meet your mentor. It's that easy!



[raise.org.au](http://raise.org.au)

## Bump Geelong

THURSDAY: 12pm – 2pm

Rosewall Neighbourhood Centre

36 Sharland Road, Corio

Email: [jo.ridgeway@raise.org.au](mailto:jo.ridgeway@raise.org.au)

Ph: (0426) 972 473