



Belongside *Families*



Marketing Pack Term 4 Workshop:

Healthy Mothers Healthy Families

Ready-to-use materials to share with families in your network

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01 Introduction

About Belongside Families

Belongside Families is a family-led not-for-profit organisation. We support parents and carers of children with disability, developmental delay, Autism, rare and genetic conditions.

Our programs are informed by evidence and the lived experience of families in our community.

About Healthy Mothers Healthy Families

Healthy Mothers Healthy Families is free, evidence-based program developed by Professor Helen Bourke Taylor specifically for mothers of children with disability. It supports mothers to take small, manageable and realistic steps to prioritise their own health and wellbeing while balancing the needs of their child and family.



About this pack

We've put together ready-to-use materials to make sharing the program with the families in your network easy. You'll find:

- [Email and newsletter copy](#)
- [Social media copy and tiles](#)
- [A printable flyer](#)
- [Links to more information about the program and research](#)

Please use the materials that work best for your organisation and community.

Healthy Mothers Healthy Families at a glance

Healthy Mothers Healthy Families is the longest-running, most effective program for mothers of children with disabilities in the world.

Who it's for

Mothers and female caregivers of children with disability, developmental delay, Autism, rare and genetic conditions.

Developed by

Professor Helen Bourke-Taylor
Occupational Therapist and
Research from Monash University.

Facilitated by

Trained parent facilitators
from Belongside Families
with lived experience.

Cost

Free

What the evidence says

Internationally published research found that mothers who completed the online program reported:



95%

an increase in health-promoting activities



98%

improved their personal wellbeing



92%

reported depression symptoms within average limits after the workshop

Format

3 x 2-hour sessions
over six weeks

Online via Zoom

Starting Mon, 19
Oct 26, 7:30pm
NSW time

Suggested email copy

Subject Line: Free workshops for mothers of children with disability

Suggested Copy: Healthy Mothers Healthy Families is a free, evidence-based program designed especially for mothers raising a child with disability. Developed by Professor Helen Bourke-Taylor from Monash University and delivered by Belongside Families. You'll learn how to improve your own wellbeing while balancing the needs of your child and family.

Backed by research and delivered to more than 1,200 mothers so far, the program has been proven to help women carve out more time for exercise, creative pursuits, social connection and self-care — while reducing stress, anxiety and depression.

 Starting Mon, 19 Oct, 7:30pm (NSW Time)

 Online via Zoom

 Register here: bit.ly/HMHF-T426-CE

Spaces are limited. Register today.



 [Download email banner](#)

04 Social media



↓ **Download Square 1:1**
- 1080px 1080px

Facebook and LinkedIn
Recommended size

Suggested Caption

Free online workshop program for mothers of children with disability.

Do you wish you had more time for your own health and wellbeing? You're not alone.

Healthy Mothers Healthy Families is a free, evidence-based program developed by Professor Helen Bourke-Taylor (Monash University) and delivered by @belongsidefamilies. These workshops give you space to focus on your own wellbeing while balancing the needs of your child and family.

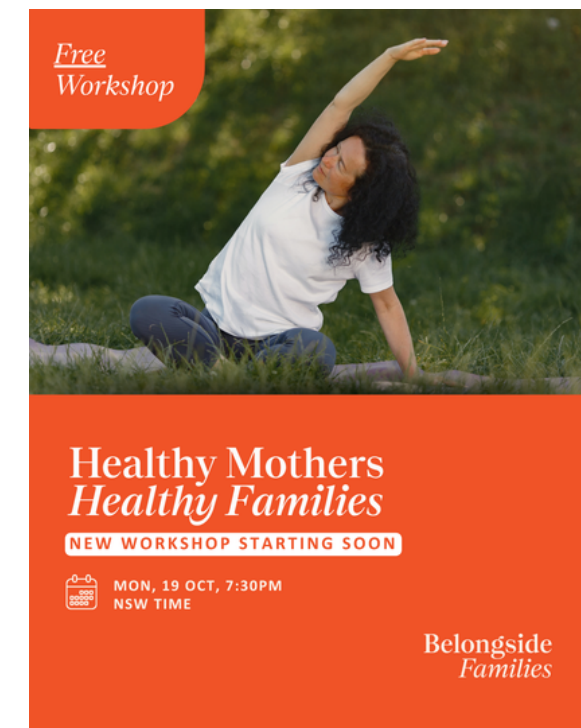
Over 1,200 mothers have already taken part in the program, which has been proven to help women carve out more time for exercise, social connection and self-care — while reducing stress, anxiety and depression.

📅 Starting Mon, 19 Oct, 7:30pm (NSW Time)

💻 Online via zoom

🔗 Register: bit.ly/HMHF-T426-CE

Spaces are limited. Register today.



↓ **Download 4:5 -**
1080x1350

Instagram
Recommended size

Suggested Caption

Free online workshop program for mothers of children with disability.

Do you wish you had more time for your own health and wellbeing? You're not alone.

Healthy Mothers Healthy Families is a free, evidence-based program developed by Professor Helen Bourke-Taylor (Monash University) and delivered by @belongsidefamilies. These workshops give you space to focus on your own wellbeing while balancing the needs of your child and family.

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📅 Starting Mon, 19 Oct, 7:30pm (NSW Time)

💻 Online via zoom

🔗 Register via Linkin.bio

Spaces are limited. Register today.

Please tag @belongsidefamilies

Please add bit.ly/HMHF-T426-CE to Linkin.bio

05 Flyer

Share with families in your community

Print at A4 for handouts or A3 for display.



Healthy Mothers *Healthy Families*

Do you wish you had more balance in your life, and time for your own wellbeing? The Healthy Mothers Healthy Families* program supports mothers of children with disability to create a healthy lifestyle that fosters their own wellbeing, alongside a healthy, happy family life.

This FREE evidence-based program developed by Prof Helen Bourke-Taylor from Monash University, is co-designed with mothers and delivered by Belongside Families.

You'll learn:

- How to make positive changes to your health and wellbeing
- About research findings and the shared wisdom of other mothers
- Health information, tips and strategies
- Helpful services and supports.

Upcoming workshops:

 **When:** Mon 19 Oct, 7:30pm
NSW Time

 **Who:** Mothers and caregivers of a child or young adult with disability.

 **Location:** Online

Healthy Mothers Healthy Families* is an evidence-based online health education and empowerment program for mothers of children with disability. The program was developed by and is proprietary to Prof Helen Bourke-Taylor from Monash University. Visit <https://healthymothers-healthyfamilies.com/>. (*) All names and brands licensed by Monash University.

To register

Scan the QR code

Or visit:
bit.ly/HMHF-T426-CE



Belongside *Families*

We provide free support for families of children with disability, delay, Autism, genetic and rare conditions that is shaped by families and informed by evidence. Through our events, peer groups and resources, we help you feel more informed, confident and connected.

 [Download Flyer](#)

Learn more about Healthy Mothers Healthy Families

Find out more about the program, how it works and upcoming Healthy Mothers Healthy Families workshops delivered by Belongside Families.

[Learn more about HMHF](#)



Explore the research

Find out about the internationally published research into online Healthy Mothers Healthy Families workshops facilitated by Belongside Families, including the key findings and a link to the full research paper.

[Read about the research](#)



Questions or need another format?

If you have any questions or require promotional materials in another format, please contact:

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