

Mothers in arms unite

THE mothers of St Jude's Catholic Primary School students crossed cultural boundaries to celebrate motherhood at a morning tea last week.

St Jude's Parents and Friends Association member and mother of three Adele James said the school's parent community represented more than 20 different cultural backgrounds, but they all had one thing in common – the experience of parenthood.

"In recognising this shared experience, the St Jude's Parents and Friends Association is holding a Multicultural Mothers' Morning Tea to celebrate both the struggles and joys of being a mother," she said.

"Mothers deserve to come together to celebrate the role they play in our school and our lives.

"Events like this morning tea remind everyone they're not alone – there is a supportive community out there who understands exactly what motherhood is like."

The event focused on the emotional side of motherhood, particularly for mothers with or expecting a new baby. Information was available regarding perinatal depression and mothers had the chance to learn about helpful services available in their local area.

"We'd like to sew the seeds for ongoing discussion of issues like perinatal depression, but in a fun and non-threatening way," Ms James said.

Attendees were able to chat with staff from services like Gosnells Women's Health and CLAN WA, as well as join in fun activities or relax while being served tea, coffee and foods



Jesline Tan, Frances Vaughan, Emmerson Nicholson and Noah Moonemalle (middle).

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Honey Webb with her baby Rikeesha Smith, and Lisa Combe with her baby Ruby.

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inspired from countries across the globe.

The event was funded through the WA Perinatal Mental Health Unit and the Department of Health and Ageing's National Perinatal Depression Initiative.

For information on perinatal depression, see a GP, child health nurse or visit wnhs.health.wa.gov.au/emotionalhealth.php.