



CARES SA
 Cesarean Awareness Recovery Education Support

CARES SA Inc (Caesarean Awareness Recovery Education Support, South Australia) aims to provide balanced, respectful and up-to-date information in regards to Caesarean Birth and Vaginal Birth After Caesarean. Our focus is on women healing from a previous traumatic or upsetting birth experience by caesarean, and helping women to achieve an empowering birth experience for their future births.

Monthly coffee mornings held:

Eastwood Community Centre

95 Glen Osmond Road, Eastwood

Tuesdays, 9:30 am—11:30 am

\$2.50 - Bring a snack if you can

For more info—Michelle: 8280 6667
 or email cares.sa.org@gmail.com

Dates for 2009

- ☉ February 10th
- ☉ March 10th
- ☉ April 14th
- ☉ May 12th
- ☉ June 9th
- ☉ July 14th
- ☉ August 11th
- ☉ September 8th
- ☉ October 13th
- ☉ November 10th
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www.cares-sa.org.au



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