

# Healthy Happy Beginnings

## Oh Su Tha Pwee Ah Dah Sa Taw

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The Healthy Happy Beginnings program is a pregnancy information and support group for Karen women living in Wyndham.

**Where** Sister Rita Douglas Maternal and Child Health Centre  
42 Vincent Crescent, Werribee 3030

**When** Every second Wednesday, 10am to 12pm  
You may be asked to see the midwife at 9.30am

**Who** You will see a Maternal and Child Health Nurse, a bicultural worker and midwives  
You can bring your partner and other children to the program

**What** The staff will help you learn about having a baby in Australia

### If you are having your baby at Werribee Mercy Hospital:

- your GP needs to refer you to the hospital
- you will see a midwife and doctor when you are 12 weeks pregnant at the hospital
- all of your other midwife visits will be at the Sister Rita Douglas Centre
- you will see a doctor when you are 36 and 41 weeks pregnant at the hospital.

### If you are having your baby at another hospital:

- your pregnancy checks will be done at the hospital where you are booked
- you can join the women and staff in the support and education group.

### If you would like to speak to a:

- bicultural worker please call 8754 0500 or 0438 563 942
- midwife please call 8754 3390. When the phone answers press 1.
- Maternal and Child Health Nurse please call 9742 8148.



If you need an interpreter, you can contact us through the Telephone Interpreter Service on 131 450.



## Healthy Happy Beginnings အိပ်ဆူသုံးဖုံအတတ်စးထီၣ်

အိပ်ဆူသုံးဖုံအတတ်စးထီၣ်အတတ်ရဲၣ်ကျဲအံၤမ့ၢ်ဝဲတၢ်အိပ်ဟူးသးတၢ်ဂ့ၢ်တၢ်ကျိၤဒီးတၢ်ဆိၣ်ထွဲကရူၢ်လၢကညီပိၣ်မ့ၢ်ပိၣ်မၤလၢအအိၣ်ဆိးဖဲဝဲဒါမိၣ်အပူၤအံၤလီၤ.

ဖဲလဲၣ်- **Sister Rita Douglas** မိၢ်ဒီးဖိဆဲးဆူၣ်ချ့တၢ်ကွၢ်ထွဲအလီၢ်ခိၣ်သ့ၣ်  
42 Vincent Crescent, Werribee 3030

ဆံးယံၣ်လဲၣ်- မ့ၢ်ပျဲၤအနံၤခံၣ်တၢ်ချီထီၣ်တီၤ,ဂီၤ၁၀-၅၁၂ ညန့ၣ်ရံၢ်  
ပုၤကမၤနထံၣ်လိၣ်ဒီးပုၤကွၢ်ထွဲမိၢ်ဒီးဖိဆဲးဒီး,၃၀န့ၣ်ရံၢ်အကတီၢ်

မတၤဂၤလဲၣ်- နကထံၣ်လိၣ်မိၢ်ဒီးဖိဆဲးနးၣ်,ပုၤမၤတၢ်ဖိလၢကတီၢ်ကျိၣ်ခံကျိၣ်ဒီးပုၤကွၢ်ထွဲမိၢ်ဒီးဖိဆဲးပုၤဘၣ်မူဘၣ်ဒါတဖၣ်န့ၣ်လီၤ.  
နဟဲကိးယုၣ်နဝၤဒီးဖိသ့ၣ်အဂၤတဖၣ်ဆူတၢ်ရဲၣ်တၢ်ကျဲအပူၤသ့ဝဲလီၤ.

မနုၤလဲၣ်- ပုၤဘၣ်မူဘၣ်ဒါတဖၣ်ကမၤစၢၤနၤလၢကမၤလိဘၣ်ဃးတၢ်အိၣ်ခိၣ်အိၣ်ဖိဆဲးဖဲအိးစဲၣ်လွဲလယၣ်အပူၤအံၤန့ၣ်လီၤ.

### နဖိဆဲးမ့ၢ်အိၣ်ဖဲဝဲဒါရၢၣ်မၤစၢၤတၢ်ဆိဟံၣ်န့ၣ်-


- န GP ကလိၣ်ဆူၢ်ခိၣ်နတၢ်ဆိဟံၣ်
- နကထံၣ်လိၣ်ဒီးပုၤကွၢ်ထွဲမိၢ်ဒီးဖိဆဲးကသံၣ်သရၣ်ဖဲတၢ်ဆိဟံၣ်အပူၤနၤန့ၣ်၁၂ န့ၣ်အခါန့ၣ်လီၤ.
- ပုၤကွၢ်ထွဲမိၢ်ဒီးဖိဆဲးပုၤဘၣ်မူဘၣ်ဒါအတတ်ထံၣ်လိၣ်ဒီးနၤအဂၤတဖၣ်တၢ်ကမၤအီၤဖဲ **Sister Rita Douglas** အလီၢ်န့ၣ်လီၤ.
- နကထံၣ်လိၣ်ဒီးနကသံၣ်သရၣ်ဖဲနၤန့ၣ်၃၆ န့ၣ်ဒီး၄၁ န့ၣ်ဖဲတၢ်ဆိဟံၣ်အပူၤန့ၣ်လီၤ.

### နဖိမ့ၢ်အိၣ်ဖျိၣ်ဖဲတၢ်ဆိဟံၣ်အဂၤတဖၣ်အပူၤန့ၣ်-

- နတၢ်မၤကွၢ်တၢ်အိၣ်ဟူးသးအံၤတၢ်ကမၤအီၤဖဲတၢ်ဆိဟံၣ်လၢတၢ်ဟ့ၣ်နၤတၢ်သ့ၣ်နံၤဖးသီအလီၢ်န့ၣ်လီၤ.
- နကန့ၣ်ပၣ်ယုၣ်ဆူပိၣ်မ့ၢ်ပိၣ်မၤဒီးပုၤဘၣ်မူဘၣ်ဒါတဖၣ်လၢတၢ်ဆိၣ်ထွဲဒီးကူၣ်သ့ကရူၢ်အပူၤသ့ဝဲန့ၣ်လီၤ.

### နမ့ၢ်အဲၣ်ဒီးကတီၢ်တၢ်ဒီး-

- ပုၤမၤတၢ်ဖိလၢအကတီၢ်ကျိၣ်ခံကျိၣ်တဂၤအဂီၢ်ကိး: **8754 0500** မ့ၢ်တမ့ၢ် **0438 563 942**
- ပုၤကွၢ်ထွဲမိၢ်ဒီးဖိဆဲးပုၤဘၣ်မူဘၣ်ဒါအဂီၢ်ကိး- **8754 3390** တက့ၢ်.ဖဲနဖဲးဆၢလိတဲစိအခါဘဲးလီၤ.
- တၢ်ကွၢ်ထွဲမိၢ်ဒီးဖိဆဲးနးၣ်အဂီၢ်ကိး: **9742 8148**.

 နမ့ၢ်လိၣ်ပုၤကျိးထံတၢ်ဖိန့ၣ်,ဆဲးကျိးပုၤခိဖျိလိတဲစိတၢ်ကျိးထံဝဲကျိၤဖဲ **131 450** တက့ၢ်.

