



## Is your baby in a Neonatal Unit? Connect with others who understand

With the lived experience of having a premature or sick baby, our staff are here to inform, empower and connect you to a community of families who are going through a similar experience.

### Join one of our three weekly Facebook online groups:

I am still in hospital  
with my baby

#### **NICU Connections in Hospital**

Fridays, 11am - 1pm AEST

I am now at home  
with my baby

#### **NICU Connections at Home**

Wednesdays, 11am - 1pm AEST

I am a dad and/or  
male carer

#### **NICU Connections for Dads**

Wednesdays, 8pm - 10pm AEST

Take some time to focus on your wellbeing as you connect with others who can relate in a safe and nurturing environment.

**To find out more about NICU Connections and our other products and services, scan the QR code.**

