



WHITE CLOUD MUMS

Delivering practical assistance to Australian women with perinatal depression.

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The White Cloud Foundation understands that motherhood is demanding and sometimes you need a helping hand. The White Cloud Mums program provides practical support for women recovering from perinatal depression, including help with exercise and nutrition.

We know, that while you undergo treatment for perinatal depression, it is important to look after yourself, as well as your baby. Research shows that nutrition and exercise can have a significant impact on your well-being. Eating regular, well balanced meals is important for physical and mental health.

That is why, at no cost to you, we will deliver up to 20 nutritious meals straight to your home.

Meals arrive frozen, and are easily heated in the microwave, ensuring you eat a healthy lunch or dinner each day.



WHITE CLOUD

FOUNDATION

MUMS



Ask your doctor for information today,
or contact White Cloud Foundation.

Email

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