

# **Association of Relinquishing Mothers (Vic) Inc**

A0040803Y  
ABN 58 139 269 250

**P O Box 645, Deepdene Vic 3103**

**Telephone: 03 9769 0232**

**Email: [arms@armsvic.org.au](mailto:arms@armsvic.org.au)**

**Website: [www.armsvic.org.au](http://www.armsvic.org.au)**



**NEWSLETTER**  
**SUMMER EDITION 2013**

## CONVENOR'S REPORT

Hi everyone and welcome to 2013

I hope that you had a lovely Christmas and an enjoyable, relaxing Christmas/New Year break. 2012 ended with the AGM and 30<sup>th</sup> anniversary celebration of the founding of ARMS. The AGM was very well attended with current members, some founding members and guests, and we had excellent speakers with the focus on the Senate Report into Forced Adoption Practices. This was the basis for the State Government apologies which took place in State Parliaments around Australia. The guest speakers at the AGM were Professor Marian Quartly, Senator Rachel Siewert and psychologist Gabrielle Howse providing very different perspectives of the issues around adoption practices in Australia.

As the AGM closed, the celebration for the 30<sup>th</sup> Anniversary of ARMS began. This included wonderful food, champagne, the ARMS celebration cake and excellent company. It was one of the very best events that I have been to in a long time. One of the many highlights of this celebration was the announcement by Professor Nahum Mushin that the Federal Government has set a date and time for its apology. This will be on 21<sup>st</sup> March 2013 in the Federal Parliament in Canberra. The ARMS committee had been actively involved with the reference group researching this and I am delighted that he chose the ARMS AGM to announce this great news.

There is information in this newsletter about funding from the Federal Government for those wishing to attend the apology in Canberra who have limited funds to do so. Please read it carefully, and if you want to register, or have any questions, don't hesitate to contact any committee member – the sooner the better! - see attached forms.

So, as 2013 starts warm and sunny with glorious weather ARMS looks optimistically to the future. Monthly support meetings started up on 2 February 2013 and are held on 1<sup>st</sup> floor of the Queen Victoria building in Lonsdale Street, Melbourne. We look forward to seeing all who wish to attend, and please let us know if there are any special

sessions you would like to see held, such as poetry or creative writing workshops, a flag or star making session, etc. The stars can be added to the current banner and the flags become part of the ever growing flag streamer - you will remember this was up on the wall at the reception table at the AGM. **Great news!** There are now monthly support meetings in Geelong for anyone who lives there or in surrounding areas. These are held on the first Saturday of the month. If you are interested in attending any of these monthly meetings you can call Thelma Adams on 5243 8302 or 0430 948 923. The next Geelong meeting will be held on Saturday 2nd March 2013. Those who attended the inaugural meeting in November 2012 reported that it was a welcoming, friendly and very supportive session. Around a dozen women attended, including a few committee members who went down for the day. Thank you, Thelma for all the organisation and work put into helping the committee set up this support group.

Looking to the future the ARMS committee will be considering a range of activities in line with the aims of ARMS. The State Government apology included confirmation that the legislation about identifiable information will be amended, we think in mid 2013. The setting up of a free or subsidised service which brings together a range of information sources to assist those who wish to find each other will be put into place. Also, and most importantly, was the promise of funds for counselling services for both mothers and adoptees. The committee will be following up and let members know when these are to become available.

Another aspect the committee will consider is whether this is the time to review the ARMS vision and mission statements, as so much has been achieved over the past years, culminating in the State Government apologies in 2012. So, perhaps this is the time to review the ARMS vision, aims and objectives to see - as some of these have been achieved - where to now? Members will be kept up to date on this and any input would be greatly appreciated by the committee. After all, as ARMS is a member based group it is vital that members actively participate in any aspect of ARMS that interests them.

As outlined in the Convenor's report for the AGM and in line with the primary aim of ARMS, i.e. the ongoing support of all women who lost a child to adoption, the committee is looking to build on the previous outreach programme so that support can be provided to women who are unable to come to the support meetings held in Melbourne. If you have any ideas about outreach and would like to be involved please let the committee know and we can think about how we can be involved and assist.

As I am sure you are aware ARMS has a very small, tight budget and is therefore looking for funds—so predominantly grants to do specific work such as outreach. If you are interested, we are looking to set up a funding research working group and are very interested in anyone who has ideas and/or could assist with researching or applying for funding. Once again, do not hesitate to contact any member of the committee as it would be wonderful to be inundated with offers of assistance and ideas.

So, as we all move into 2013 with joy and strength the committee looks forward to the Federal Apology, the support groups and also just being able to meet with each other, talk about our experiences of adoption knowing that it is safe and that we are understood and appreciated.

Take care and looking forward to 2013.

*Tricia Lester*  
Convenor



### **National Apology 21 March 2013**

**We do hope as many people as possible can attend this historic Apology in Canberra.** If you are unable to be in Canberra, there will be a live broadcast at a central location in Melbourne (venue yet to be advised). See [www.vanish.org.au](http://www.vanish.org.au) or phone Liz or Diane at VANISH on (03) 9328 8611 later this month for this information.

If you are attending the Melbourne live broadcast, it is essential that you fill out and send the attached yellow form to VANISH a.s.a.p.

The Federal Attorney General's Department has provided VANISH with some funding to assist residents of Victoria affected by past forced adoption practices to attend the apology in Canberra on 21 March 2013 or to view the apology at a local venue in Melbourne. People who are on a low income or experiencing financial hardship will have first preference.

**Please see both sides of the two yellow pages enclosed - Note: the closing date for funding allocations and venue registration is 27 February 2013**

## **FROM THE ANNUAL GENERAL MEETING**

### **Marian Quartly**

***Emeritus Professor at Monash University School of Philosophical, Historical and International Studies***

Marian has been working, along with Shurlee Swain and Denise Cuthbert, on the history of adoption in Australia for 6 years and is in the process of finding a publisher. The summary of findings aims to investigate the distinctive ways adoption has impacted on and changed lives in Australia. 75 stories were submitted to the webpage.

The Senate Inquiry into past forced adoption practices and the Australian Institute of Family Studies research into adoption came about during their timeframe of the Monash research.

***Marian: "We didn't realise when we began our research how much pain and suffering we would be dealing with – it covered the full range of emotions. Not much had been written about adoption when we began".***

They took on the job of writing the entire history in Australia from the time before legal adoptions. There was always the capacity for grandparents and family to take in children: it was a longstanding and accepted practice.

From 1860s until today there has been a shifting, highly adaptive market for children. The book is called *The Market For Children*.

Between the 1850s and 1950s ads were placed in newspapers from people wanting children and people who had children to give away.

During the 1920s in Victoria, NSW & South Australia adoptive parents became very influential and pushed for adoption legislation.

In the 1940s and 1950s State governments passed a series of laws severing all contact with the child's family ie. closed adoption.

Adoptions peaked in 1971/2 but by the 1980s many social workers had lost faith in adoption and tried to help mothers keep their babies.

The research can be found on [www.arts.monash.edu.au/historyofadoption](http://www.arts.monash.edu.au/historyofadoption)

### **Rachel Siewert**

***Greens Senator and Chair of the Senate Inquiry into Past Forced Adoption Practices***

Rachel became involved in the adoption issue in WA through the Stolen Generation and Forgotten Australians.

***Rachel: "Chairing the Senate inquiry was very harrowing for me, but it was a pleasure to hear stories of strength. I will always remember the accounts told to me. I see them as accounts of people's lives, not stories. Stories are not necessarily believed; accounts are.***

***The hearings had a very powerful effect on me, and I felt very angry after each hearing, realising what we had all been carrying around. The other Senators felt the same".***

Rachel was involved in another inquiry in the Northern Territory at the same time and her lunchtimes and evenings were spent going over drafts of the adoption inquiry.

One of the proudest moments she ever had in the Senate was when all the Senators stood and applauded and honoured the mothers and adoptees present.

Where to from here?

Who would have thought when the findings were brought down in February that we would have had so many apologies in such a short time? They will keep harassing until concrete measures are put into place.

It took three Senate inquiries each the Stolen Generation and Forgotten Australians before apologies were given, but it took only one inquiry into adoption before the apologies occurred.

## **Gabrielle Howse**

*Psychologist and psychotherapist with 20 years' experience dealing with adoption issues*

Where do we go from here?

Gabby spoke of a book by Graham Little – The Public Emotions – which addresses public and personal grief.

***Gabrielle: "Adoption is like reading a book with the first few pages missing or like arriving at a play after the curtain has opened.***

***Hurt should be talked about. We need to do more than just tell accounts. We need to process and unpack all the painful elements we have locked away. The inside story is profound and intense".***



Charlie, who likes to be known as 'Charlie the Ratbag Orphan' presented to ARMS a framed photograph of his 'shoe installation' on the steps of Parliament House, Spring Street, Melbourne at the Victorian Apology, 25 October 2012

Streets of Freedom were delighted with the wrapped gifts donated by ARMS members. They've never had such a welcome surprise...

*Hi Jo, We had a great day delivering all the gifts. It was great seeing all the girls faces light up when we gave them out.*

*Can you pass on our thanks to all the women who donated the beautiful gifts, they were so appreciated.*

*Thank you again for supporting Streets of Freedom.*

*Have a wonderful Christmas.*

Love  
Gill



## 30th ANNIVERSARY CELEBRATION



It was great to see so many ARMS members at the 30th anniversary celebration.

Some comments .....

*What a fabulous day you girls had for us. The turn out was the best I've seen for many years. Thank you for all the hard work you've all put in over the past couple of years and for getting ARMS back to what it used to be.  
Cheers, Georgina*

*I am still on a high from that wonderful celebration that the ARMS committee created on Saturday. It was beautiful. You all managed to make such an impressive event. It had great speakers who were really relevant and on message; the catering was just outstanding and I loved the touch of the champagne. The birthday cake was so well done and what a great idea to have the banner on it. So many creative and thoughtful touches all contributed to a very stylish and warmly held event. I just loved the singers. They immediately changed the mood of the event from a strong and clear business element to a beautiful celebration of us and our love for our children and the presence of our organisation in the world. I was delighted to be there and thank you all for the enormous effort you all made to create such a touching and interesting and celebratory event.*

*My love and joy to you all for what you are doing for our organisation.*

*With heartfelt thanks and my love  
Lily-Marie*

*Many members have remarked on how much they appreciated the ARMS booklet which was published for the 30th anniversary celebration.*

*A local fancy paper shop owner has given ARMS a very nice "Baby Book" into which a printer will re-print the entire booklet, along with photos of the AGM, so that ARMS has a permanent reminder of its 30-year celebration.*

*Quite a few members have said they wished they had contributed something to the booklet. The new album will have 8 spare pages, so if you were one of those who "woulda, coulda, shoulda" contributed, here's your chance.*

*The printing job is booked for early March, so any time in February do please email or post your contributions—they can be original stories or poems or reprints of articles from ARMS newsletters or anything at all that you feel you would like to see in our 30-year record.*

*If you don't wish to write, you can phone a committee member and dictate your contribution. It doesn't matter whether it is a sentence, a paragraph or a page – just do it please. One of the pages will have a "Hall of Fame" to name and acknowledge founders and committee members of ARMS who have worked with such dedication over the past thirty years.*



More comments .....



*Thanks for putting in so much effort into inviting me to the ARMS AGM.*

*I thought the guest speakers were absolutely amazing – I loved Marian's forthrightness, she dared to travel where others fear to tread (market for babies ..... ) and Rachel - it was amazing to see her in person and how devoted and committed she is to being a fantastic politician ... she is gorgeous. Gabrielle - I 'm not sure what her therapy is about but I am sure she is trying to help if she is into coming to ARMS to learn the issues.*

*Many years ago when I first went to the ARMS meetings I felt it was a terribly isolated group - though it was so good to have each other. To have some members of the public becoming interested in the issues is a real bonus so thanks to all the ARMS mothers*

*Thanks a lot for inviting me to the meeting.*

*Love to you and all the lovely mothers in the mothers group at ARMS*

*Regards Christine*

*The choir walking through the centre of all the people to the front of the room as they sang was like separating the past and the present – making a new time.*  
*Janine*

## ABC OPEN

ABC OPEN was hoping for a far bigger response than the 46 contributions received to date.

It's important to try and help people to be aware of and understand our experiences.  
Do PLEASE go on-line to [open.abc.net.au/projects](http://open.abc.net.au/projects) and give your own personal account.  
ABC Open is hoping to hear the honest and heartfelt record of your own feelings,  
in whatever form you choose.

If nothing else, do please go to the website and read the contributions already made. Use the "Comment" tab to respond to the submissions. If you need help, please contact any of the following ARMS members:

Jo	03 9882 6319
Dorothy	03 9889 3583
Faye	03 5985 8833
Tricia	0425 704 266

**A** friend's baby died in utero today, at 20 weeks. She is going to be induced in 3 days time, and it will be a long labour because the baby won't be able to help at all. Because it's dead. I feel so sad for her and the father. It will be horrific for them going through it all with nothing at the end but a broken heart.

My mother and I talked about how awful it is for them. She said it had been very hard for her after her first child was stillborn – people she met would say “You’ve had the baby – what did you have? How is she?”

Nobody ever asked me how I was after I had my first baby. Nobody asked me what I had, how the birth went, how I felt. Nobody knew – except my immediate family, my best friend and 3 very special teachers. Even those privileged few didn't ask me how I felt.

The mid-wife told my mother I went to sleep after my son was born at 11.21pm, after having been in labour since mid-morning. I didn't. I lay there listening to him cry, thinking “I can't open my eyes – I mustn't look at him.” It seemed like an eternity.

I lay in my hospital bed for 10 days – too afraid of being chastised if I left my room. It didn't even occur to me to try to see him, or to ask how he was. I just lay there and cried, trying not to when anyone came in, with my breasts getting fuller and agonisingly sore. None of the nurses or my gynaecologist ever asked how I felt. My best friend asked me once a few years later if I ever thought about him much. She and I talked about it occasionally, but my family never mentioned it. Except once. My son was born on my parent's 20<sup>th</sup> wedding anniversary. Each year my mother would give me a small pot plant, or little gift of some sort, but nothing ever said. One year she took me out to lunch – he would have been about 10 – and asked me if I blamed her and dad for giving him away. Of course I said no. She asked me if I would ever try and find him. I said I didn't know.

I have looked at my other sons as babies and cried because of what I missed out on with my first born.

For 19 years I lived in silent agony, and then I found him. He is wonderful and I love him. But nothing can ever make up for what I lost.

I feel so sad for my friend, but at least she can talk about it.

—Jo Fraser

## Grace's Story

**I**n 1961, when I was eighteen, I was training as a nurse in Melbourne. I had been brought up in a sheltered lifestyle, as my parents were 38 when they married and 40 when they had me in 1943. I was the first born of two daughters. We had a very happy childhood, living in the country until I was nine, then in an outer Melbourne suburb until I started my training. It was just that I knew nothing of the world outside of home, school and church. So when I discovered the opposite sex once I was away from home I went quite mad. I had a regular boyfriend who was in Sydney in the army. He wanted us to be married but I knew it was useless to ask permission until my training was completed. I wasn't to think of boys until that happened. (This was an unrealistic expectation – the world had changed since my parents' time. They had known each other from the early 1920s and had the moral fibre to wait until their marriage was possible.)

I discovered I was pregnant in early 1962. So when my boyfriend came to Melbourne on leave I “confessed” to him, expecting that that would be the last I would see of him. Surprisingly, he still wanted to go ahead and marry me so we approached my parents for their permission. [I have since discovered that he had his own agenda for sticking by me but that's another story.]

They allowed us to marry once they knew he was not responsible for my pregnancy. I don't suppose they really felt that there were any other options. Both our family and friends warned us that “It won't last six months” and “You are making a huge mistake”. No one was officially told I was pregnant. I think my parents hoped that it wouldn't be noticed even though I was over six months pregnant at my wedding!

We went to live in Sydney. I booked in to have my baby at Crown Street Women's Hospital. Whoever it was that I dealt with there left me in no doubt that it would be a bad start to our marriage to expect my husband to bring up an unknown man's child as his own. He said that he was willing but that was discounted. I didn't know him well enough to know either one way or the other. Being pregnant is not exactly a good time to be making lifestyle decisions!

My son was born three months later. He arrived at home mid morning when I was on my own and terrified. The ambulance officer arrived as I was giving birth. He took me to Crown Street Hospital and the baby was taken from me. I am eternally grateful that my baby arrived as he did, for that way we had an hour, unexpectedly, to bond together in the ambulance.

We moved back to Melbourne and our three sons and a daughter were born in the next four and a half years.

When I found I was pregnant with our fifth child in



late 1973 it was not a happy time. My husband, whom I respected for marrying me under difficult circumstances, decided it was "the last straw". Either I could have four children and a father for them, or I could have five children to bring up on my own. Some choice! Did he think it was immaculate conception? I didn't get pregnant by myself! After a lot of quarrelling and bitter recriminations, I decided, for the wellbeing of my children that I could give up another child.

Circumstances for single mothers were different then. I remember I was much talked about at the school at the time. Some were for, but most were against my decision. So as I said it wasn't much of a choice. I felt that I was damned if I did and damned if I didn't. I lost most of the respect that I had for my husband at that time.

So Adam was born in June 1973 and relinquished. I had half an hour with him as my family doctor was very understanding of my needs. I also had a tubal ligation at that time. A case of "shutting the stable door after the horse has bolted"?

The kids grew older and on the whole we had a happy family life. We moved to South Gippsland. Our eldest boy worked opposite our home as a motor mechanic. He was killed in a motor bike accident when he was 23. I felt that *all* of my children were going to be taken from me. I was wrong but my feelings were understandable I suppose. I picked up the pieces and remained strong for the rest of the family. Again life went on. It was hard to look out and expect to see our boy going about his business.

My husband had always said he was going to haul a caravan around Australia one day, so in 1989 we sold up and did just that. We were "empty nesters" so that wasn't a problem. We spent eight years working all over Australia. During that time we weren't on the phone. We eventually settled in northern Victoria. The phone was connected again in 1998.

In July 2000 my eldest son, Chris made contact. He had found our names through the online White Pages. He was almost thirty eight and had been searching on and off since he was sixteen. My husband expected me to say I wasn't interested in having contact and got a very big shock when I went ahead.

Chris and I have a very good relationship. He is approaching forty now and is glad to know at least half of his background. He is much more settled because of it. I have been to visit him three times and he has stayed with us too. He likes to call me "Mum" and his adoptive mother is "Mother". We are very much alike in lots of ways – for example, sharing the same silly sense of humour.

I left my husband last October; I think he pushed me out. I'm not actually sure whose decision it was, but suffice to say that I wanted to see my children and grandchildren from time to time whereas he didn't.

I have made a new life for myself in country Victoria, close to our elder son and his family. Our other son

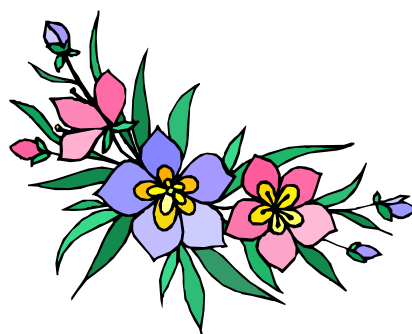
is a bachelor who lives interstate and our married daughter lives to the west of Melbourne. My other children are happy that Chris found me and are happy for us both. His existence was a big shock to them but they have all been great about my past. They have no wish to know him themselves although two of them have met him. I think his courage in searching for me showed that I could myself search for the youngest boy. So I rang the ARMS phone in May 2001 and found out how to go about it. So far I know his first name and that he lives in Melbourne. I have written to him but have not had a reply as yet.

#### **Postscript 2012:**

Adam has since contacted me and a son, daughter and son-in-law have met him. He has married, has two sons and is living only 40 kilometres away.

While I don't hear from Chris or Adam, I know that they are happy to know their roots and would contact me if they needed to. While they are happy and settled, they live their own lives, as do my other kids.

First printed in ARMS Newsletter Winter 2002  
Reprinted with Grace's permission



#### **DISCLAIMER:**

All contributions are presented with the aim of sharing ideas.

Views expressed by contributors are not necessarily endorsed by ARMS

Printed with the assistance of

Datacolour Print + Copy  
84 Canterbury Road, Canterbury Vic 3125  
p 613 9888 5838 f 613 9026 2099  
digital@datacolour.com.au  
www.datacolour.com.au

## ADOPTION MYTHS

**\* Looking for a natural mother is rejecting your adoptive parents.**

WRONG – It is searching for a sense of identity, a knowledge of who you are

**\* Looking for your natural parents is proof of an unsatisfactory home relationship.**

WRONG – Many adoptees who search for natural parents come from warm and loving homes.

**\* Once your baby is adopted the relinquishing mother can forget about it and live a normal life.**

WRONG – The Mother's pain and sense of loss stays forever: sometimes it diminishes, but it never leaves. Often the sense of loss becomes more painful as the years pass.

**\* Natural mothers or fathers did not want or love the baby.**

WRONG – Society often placed such stress on the natural mother that there was no other option than relinquishment.

**\* Natural mothers are immoral and bad women.**

WRONG - There is a range of reasons why women relinquish a child. For example many couples have intercourse before marriage. Natural mothers were just the unlucky ones.

**\* Adoptive parents are perfect parents.**

WRONG – They are human just like everyone else, and make mistakes just like any other parents.

**\* Bringing up an adopted child is the same as bringing up a natural child.**

WRONG – There are many similarities, but there are many differences. These differences are significant and they need to be understood.

**\* Blood is thicker than water and after contact with the natural parents, the love of the adopted child for their adoptive parents will diminish.**

WRONG – Often the closeness and love increases because the fear of the unknown is gone.

The 2<sup>nd</sup> February 1971 at 5.04pm changed my life forever.

After a week of my daughter being born, I was told I had to sign adoption papers. I was told I had no choice and no other options. I was sixteen years old.

Since then it has been a life of looking at girls, wondering their ages and even asking people their birth date.

In later years before my Mum passed away, she told me she was so sorry for what had happened, but she also went by the advice of professionals.



No one knows the hurt and sadness I have carried for all these years.

Robyn McIvor  
30.8.2012

A huge thank you to Diane.

Very few people know how much time, effort and skill go into producing this newsletter.

For many years Diane has done a wonderful job, labouring relentlessly to produce a quality document and usually under a lot of pressure to get it to the printers on time!

So Diane,  
here's your bouquet!



Thirty years ago  
I lost my only child.  
A live child,  
My child.  
*Unspeakable desolation*

I stood on the wrong side  
of society's line in the sand.  
An unmarried woman,  
An unfit mother  
*Unspeakable  
condemnation*

I signed my name on that  
line in the sand.  
Mine the guilt  
Mine the shame  
*Unspeakable self-flagellation*

Within the power of your authority  
'I' did not exist  
No loss to me  
No gain for others  
*Unspeakable self-justification*

So you washed your hands in the sea  
turned your back  
and  
walked away from me  
*Unspeakable isolation*

For thirty years  
I carried my pain  
in shameful secrecy  
in fearful silence  
*Unspeakable incarceration*  
Till I could stand no more, and  
Fell to my knees  
across that  
line in the sand.  
*Unspeakable desperation*

God forgive me, I cried  
For what? he replied  
For being pregnant,  
for bearing a child  
*Unspeakable supplication*

There is nothing to forgive  
I hear loud and clear  
But you must forgive those  
Who trespass against you.  
*Unspeakable revelation*

So, I will keep my pain,  
You  
Take back  
the guilt and shame  
*Unspeakable reparation*

Publicly acknowledge my loss  
as any mother for her child  
And so give me society's  
permission to grieve.  
*Unspeakable validation*

Simply say, I'm sorry  
What we did was wrong  
For we know not  
what we do  
*Unspeakable consolation*

Thirty years ago  
I lost my only child.  
A live child, My child  
Help me end my  
*Unspeakable desolation.*

*Margaret Males, 1995*

*Re-printed with permission from  
Jigsaw Pieces  
7 February 2013.....*

## **GEELONG CALENDAR 2013**

2nd MARCH	SUPPORT GROUP
6th APRIL	SUPPORT GROUP
4th MAY	MOTHERS' DAY CELEBRATION (Melbourne Venue Only)
1st JUNE	SUPPORT GROUP
6th JULY	SUPPORT GROUP

*Would all members attending support group meetings please bring a small plate of food to share*

**All meetings held at South Barwon Community Centre**

**33 Mt Pleasant Road, Belmont 3216**

**Contact Thelma Adams on 5243 8302 or 0430 948 923**

**ALL RELINQUISHING MOTHERS WELCOME**

# ARMS (VIC) CALENDAR 2013

2nd FEBRUARY	SUPPORT GROUP      Improvised venue! Thanks to members for their understanding
2nd MARCH	1pm FLAG MAKING SESSION (all materials provided) FOLLOWED BY 2pm SUPPORT GROUP
6th APRIL	SUPPORT GROUP
4th MAY	MOTHERS' DAY - catered by ARMS committee
1st JUNE	SUPPORT GROUP
6th JULY	SUPPORT GROUP
3rd AUGUST	SUPPORT GROUP
7th SEPTEMBER	SUPPORT GROUP
5th OCTOBER	SUPPORT GROUP
2nd NOVEMBER	SUPPORT GROUP
7th DECEMBER	ANNUAL GENERAL MEETING followed by a celebration of ARMS 31st anniversary



*Would all members attending support group meetings please  
bring a small plate of food to share*

All meetings held at Queen Victoria Women's Centre  
210 Lonsdale Street, Melbourne from 2.00 - 4.00pm

**ALL RELINQUISHING MOTHERS WELCOME**