



MOTHERLAND

Where Rural Mums Connect.

Find your village. Feel supported. Be inspired.

Motherland is a national charity that supports and connects rural mothers across Australia and delivers services that reduce isolation and improve mental health outcomes. We offer a supportive online community and virtual services you can access, no matter where you live.

WEEKLY PODCAST **MOTHERLAND VILLAGE** **SCHOLARSHIP FUND**
MOTHERLAND CONNECT **EVENTS**

Join our
community
of 25,000+
rural mums
today!





Motherland Village

Join Australia's first online
rural mother's group program!

It takes a village. Find Yours.

Form meaningful friendships, access crucial information, and feel supported throughout your motherhood journey, no matter where you live.

- ✓ 6 Week Online Program
- ✓ Video content from subject experts
- ✓ Facilitated Group Calls
- ✓ FREE access via scholarships

**99% say it was the support they
wanted from a mothers group**

**93% say the program
changed their lives**

"I have LOVED the past 6 weeks, getting to know some incredible rural mums! The banter, the friendship, the support & respect for each other is nothing short of amazing. I feel more connected, supported and grateful as a Mum than I ever have. Even my kids have said "Mum you are a happy mum".
I cannot recommend this program enough"

- Rebecca Fair





Motherland Podcast

Real, raw, and unbelievable stories of motherhood told by women on the land

The Motherland podcast launched in 2019.

In each episode, Founder & CEO Stephanie Trethewey offers a deeply personal insight into the lives of rural mums, with frank and unfiltered conversations with women from across the country. From their journey raising kids on the land, the life experiences that have shaped them, and important issues including mental health, fertility, birth, grief, and relationships no topic is off limits.



Scan to Listen

1.1+ Million Podcast Downloads

Apple Top 15 Parenting Podcasts

Motherland Connect

Connecting rural mums to health services and support, instantly.

Australia's first digital health directory for rural mums, a one stop shop connecting rural women to the services they need to support their mental, emotional, and physical health, along with their family's.

Our online directory matches rural women to both physical and telehealth services that can support their needs across a variety of areas, wherever they live.



130+ services listed.
Search, or list with us today.
motherlandconnect.org.au

Scholarship Fund

Motherland offers scholarships for rural mums experiencing financial hardship to join Motherland Village, or attend some of our events for free.

In 2024, 26% of our Motherland Village participants were scholarship recipients. To apply for a scholarship, visit motherlandaustralia.com.au/scholarships.



Motherland Events

We love connecting in person with our Motherland community across Australia - and we do this through events and fundraisers throughout the year.

If you are interested in creating a Fundraising Committee in your community, reach out to us hello@motherlandaustralia.com.au.



**JOIN
US!**

Our National Conference will be held in Toowoomba in March 2026, with two days of enriching content, speakers and connection with mums from across Australia. **Tickets on sale mid-2025.**