



Bump-Start Group Support

Fun, friendly and relaxed antenatal sessions

Come and join our 6 week Bump-Start programme and let us provide extra support and reassurance on your pregnancy journey. Some of the topics covered include your developing baby, ideas for bonding with your bump, emotions in pregnancy and coping with a crying baby. All sessions are activity based and always allow plenty of time for chatting and making new friends over a cup of tea. You are welcome to bring a partner/ birthing partner to the sessions, but unfortunately we are unable to accommodate other children.

Your Bump-Start co-ordinator is **Deborah Hannam**

Your group session details are:

GL11 Community Hub, Fairmead, Cam GL11 5JS

10.15am-12.15pm Thursday 11th January—22nd February 2018

St Luke's Therapy Centre, 53 Cainscross Road, Stroud GL5 4EX

12.30pm-2.30pm Wednesday 24th January—7th March 2018

The Beacon Children's Centre, Valley Gardens, Kingsway, GL2 2AR

12.30pm-2.30pm Monday 19th February—26th March 2018

To attend the group please telephone 01453 821085 or email: groupshomestartsd@gmail.com

For general information about Home-Start and the groups we run, please visit our website at www.homestartsd.org

