



# Mothers in Mind Drop-In



**Free, friendly, welcoming group**

**“It's okay to not be okay”**

Come as you are and be supported by mums who feel as you do. We are a small group of women who will reassure you without judgement, only kindness.

This group offers mums a place to find comfort, advice and support while experiencing **anxiety, depression, low-mood, OCD or loneliness** around the time of pregnancy or after birth.

The group will be a place for sharing thoughts and experiences, taking part in activities or purely enjoying the company of other mums and their children. We welcome babies and up to preschool aged children.

Your group co-ordinator is **Vanessa Reyes-Rieger**

Your group session details are:

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

**10.00 am-12.00 pm, Wednesday 10th January - 7th March 2018**

**Randwick Scout Hut - Townsend, Randwick, Stroud, GL5 4RY**

**10.00 am-12.00 pm, 1<sup>st</sup> February - 29th March 2018**



To attend the group please telephone 01453 821085 or  
email: [groupshomestartsd@gmail.com](mailto:groupshomestartsd@gmail.com)

For general information about Home-Start and the groups we run,  
please visit our website at [www.homestartsd.org](http://www.homestartsd.org)