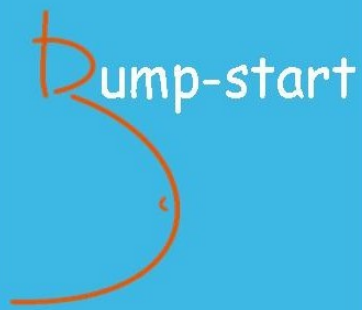




FREE Pregnancy Group



Fun, friendly and relaxed antenatal sessions

Come and join our 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:

The Beacon Children's Centre

Kingsway GL2 2AR

Tuesday 15th January - 26th February 2019

12.30pm - 2.30pm

Randwick Scout Hut

Cashes Green, Stroud

Wednesday 27th February - 3rd April 2019

12.45pm - 2.45pm

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

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



Peter Lang Children's Trust