



Mothers in Mind Drop-In



A FREE & WELCOMING SUPPORT 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, traumatic birth experience(s), psychosis or loneliness around the time of pregnancy or after birth.

The group will be a place for sharing thoughts and experiences, taking part in arts & crafts (no experience necessary) or simply enjoying the company of other mums and their children over a cup of tea. We welcome babies and up to pre-school aged children. The group runs during school terms only.

Please do not suffer in silence or in isolation. Join us for support.

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

Your group session details are:

**The Beacon Children's Centre
Kingsway GL2 2AR
Wednesday 8th May– 3rd July
10am-12pm**

**Stroud Congregational Church
Bedford Street, Stroud GL5 1AY
Thursday 9th May-4th July
10am-12pm**



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

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