

"Talking to someone about your emotional wellbeing can help make sure you get the help and support you need."



for Voluntary Service

Contact us at groups@mothersformothers.co.uk



at one of our Peer Support Groups

- Staple Hill Every Monday 10:00am to 12:00pm at Staple Hill Children's Centre, Page Road, Staple Hill BS16 4NE
- Clevedon Every Monday 12:00pm to 1:30pm at Clevedon Children's Centre, The Barn, Great Western Road, Clevedon BS21 6HB
- St George Every Tuesday 10:00am to 12:00pm at The Beehive Centre, 19a Stretford Road, Whitehall, Bristol BS5 7AW
 - Every **Wednesday** 10:00am to 12:00pm at Hartcliffe Children's Centre, Hareclive Road, Bristol BS13 0JW
 - Every **Wednesday** 10:00am to 12:00pm at Old Mixon Family Centre, Monkton Ave, Weston Super Mare BS24 9DA
- Bedminster Every Thursday 12:45pm to 2:45pm at St Francis Church, North Street, Ashton Gate, Bedminster BS3 2AN
- Patchway

- Hartcliffe

- Weston

Super Mare

Every **Friday** - 10:00am to 12:00pm at Patchway Children's Centre, Epney Close, Patchway, BS34 5TF

Or join our **Zoom** Group Every **Friday** at 10:00am



