

Antenatal and Wellbeing in pregnancy group



Are you currently pregnant and experiencing anxiety, depression, distress and/or isolation?



Come and join us in a safe and welcoming space to access:

Antenatal, birth & postnatal information with a strong focus on mental health and emotional wellbeing

- **Ask questions and discuss topics without judgement**
- **Connect with other women with similar experiences**

TO JOIN US, PLEASE CONTACT REBECCA RICE AT:
REBECCA.RICE@MOTHERSFORMOTHERS.CO.UK



Helpline: 0117 935 9366 Mon - Fri 10am -9pm

www.mothersformothers.co.uk

[Instagram.com/mothers_for_mothers](https://www.instagram.com/mothers_for_mothers)

@m4mbristol