

Come along and join us

At one of our peer support groups

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

Staple Hill - every **MONDAY**: 10am - 12pm

Staple Hill Children's Centre, Page Road, Staple Hill, BS16 4NE

Clevedon - every **MONDAY**: 12pm - 2pm

Clevedon Children's Centre, The Barn, Great Western Road, Clevedon, BS21 6HB

St George - every **TUESDAY**: 10am - 12pm

The Beehive Centre, 19a Stretford Road, Whitehall, BS5 7AW

Hartcliffe - every **WEDNESDAY**: 10am - 12pm

Hartcliffe Children's Centre, Hareclive Road, Hartcliffe, BS13 0JW

Weston Super Mare - every **WEDNESDAY**: 10am - 12pm

Old Mixon Family Centre, Monkton Ave, W-S-M, BS24 9DA

Bedminster - every **THURSDAY**: 12:45pm - 2.45pm

St. Francis Church, North Street, Ashton Gate, Bedminster, BS3 2AN

Patchway - every **FRIDAY**: 10am - 12pm

Patchway Children's Centre, Epney Close, Patchway, BS34 5TF



Or join our **Zoom** Group
Every **Friday** at 12 pm



contact us at: groups@mothersformothers.co.uk



perinatal mental health support

Charity Commission No: 1185281 Company House: 08764052