

manchestermind.org



...because being a mum is hard enough

This course is to support mums experiencing mental health challenges such as worrying thoughts, anxiety and postnatal depression.

This course will be delivered virtually and each session lasts about two hours. You will collect a range of tools to use in your daily life and prompts to nurture yourself to keep well.

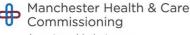


There are two unstructured sessions at the end where you will be able to decide as a group, how to strengthen your social connections as a Mums Matter support group.

A separate additional session has also been designed for people who support you so they can learn how to continue to help.

Contact: Mums Matter Coordinator Carrie Pheasey, phone 07592 376720, email mumsmatter@manchestermind.org





A partnership between Manchester City Council and NHS Manchester CCG

