

Feeling down, stressed or worried?

Mums Matter is a **free** group for new mums with children **under two years old**.

Meet other new mums and explore techniques to **improve your mood**.

Babies aged up to 9 months or pre-crawling are **welcome**.



When and where

Mondays 9.45am to 11.45am from 17 July for 12 weeks
Bourne Community Hub, Northmere Road, Poole, BH12 4DY

To attend, complete a referral to Steps2Wellbeing online or over the phone.

