

My Time, My Space

An ante-natal group for mothers-to-be who are experiencing low mood, anxiety or depression

**New virtual online course
accessed via Zoom!!**

**Starting: Tuesday 8th September 2020
for 7 weeks**

Time: 4.30 - 6pm

*If you are pregnant (3rd trimester) and
feel you would benefit from
'My Time, My Space'
and want to find out more,
call Michelle on 01225 396660 or
07980 998635 (text or chat), or
contact your Midwife or Health Visitor*

'My Time, My Space (Antenatal)' is a group for pregnant women to have time and space for themselves, gaining skills which may help to promote wellbeing and reduce anxiety and isolation.

This online ante-natal course includes arts-based sessions, relaxation and time to meet and talk with other mothers-to-be, in a safe space, offering emotional support during pregnancy and beyond.



BrightStartChildrensCentres

www.bathnes.gov.uk/childrens-centres

**Bath & North East
Somerset Council**

