



“I didn’t have to hide how I was feeling as everyone was in the same situation.”



POSTNATAL SUPPORT GROUP

Postnatal Support Group

Newbury- Tuesdays 10.30-12.30pm

Thatcham- Thursdays 10.30-12.30pm

Did you know that 1 in 8 women face depression and anxiety symptoms during pregnancy and up to 2 years after having a baby? You are not alone! This group is for mothers to connect with other mothers for support. The group provides information, support and tools to make you feel like you again. For more information and to register for the group, please contact 01635 760310 or email office@home-startwb.co.uk