

Perinatal Stay & Play

If you're pregnant or have recently had a baby, you may be feeling:

Anxious

Overwhelmed

Depressed

Confused about who can help

Isolated

Confused about breastfeeding

Like you're not doing a good job

Confused about medication



Bring your baby

We are here to help!

We are a non-judgemental team who work with parents who have experienced difficulties with mental health. If you have struggled with your mood, or if you just would like someone to talk to or some advice...

Come and see us!



Come alone or with a friend



Hosted By:
Bedfordshire and
Luton Perinatal Mental
Health Service

At Pear Trees Children's Centre

Balliol Lower School

43 Balliol Rd, Kempston,
Bedford MK42 7ER

2nd & 4th Thursday of the month

Next sessions are:

15th September 2022

29th September 2022

13th October 2022

10th November 2022

From 1pm – 3pm



Bring your
older children



breastfeeding
welcome here



Call us on 01234 263642
with any questions