

# 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 alone or with a friend



Come and see us!

At Queen's Park Children's Centre  
121 Marlborough Road Bedford  
MK40 4LE

Bring your older children



Hosted By:  
Bedfordshire and  
Luton Perinatal Mental  
Health Service

1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month

Next sessions are:

7<sup>th</sup> September 2022

21<sup>st</sup> September 2022

5<sup>th</sup> October 2022

19<sup>th</sup> October 2022



Call us on 01234 263642  
with any questions

From 9:30am – 11:00am



breastfeeding  
welcome here