

# 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



Hosted By:  
Bedfordshire and  
Luton Perinatal Mental  
Health Service

## 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!

At Shefford Children's Centre

Shefford Lower School

School Lane, Shefford

SG17 5XA

Every 2<sup>nd</sup> Monday of the month

Next sessions are:

12<sup>th</sup> September 2022

10<sup>th</sup> October 2022

14<sup>th</sup> November 2022

12<sup>th</sup> December 2022

From 10:00am – 11:30am



Come alone or  
with a friend



Bring your  
older children



breastfeeding  
welcome here



Call us on 01234 263642  
with any questions