Perinatal Stay & Play

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



Confused about who can help



Isolated



Like you're not doing a good job

> Confused about medication



Bring your baby

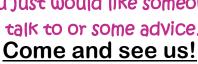
We are here to help!

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...



At Shefford Children's Centre Shefford Lower School School Lane, Shefford **SG175XA**

Every 2nd Monday of the month **Next sessions are:**



12th September 2022

10th October 2022

14th November 2022

Call us on 01234 263642 12th December 2022

From 10:00am – 11:30am



Come alone or with a friend





Hosted By:

Bedfordshire and

Luton Perinatal Mental Health Service

with any questions

