


# Useful Information

Tea and coffee will be provided

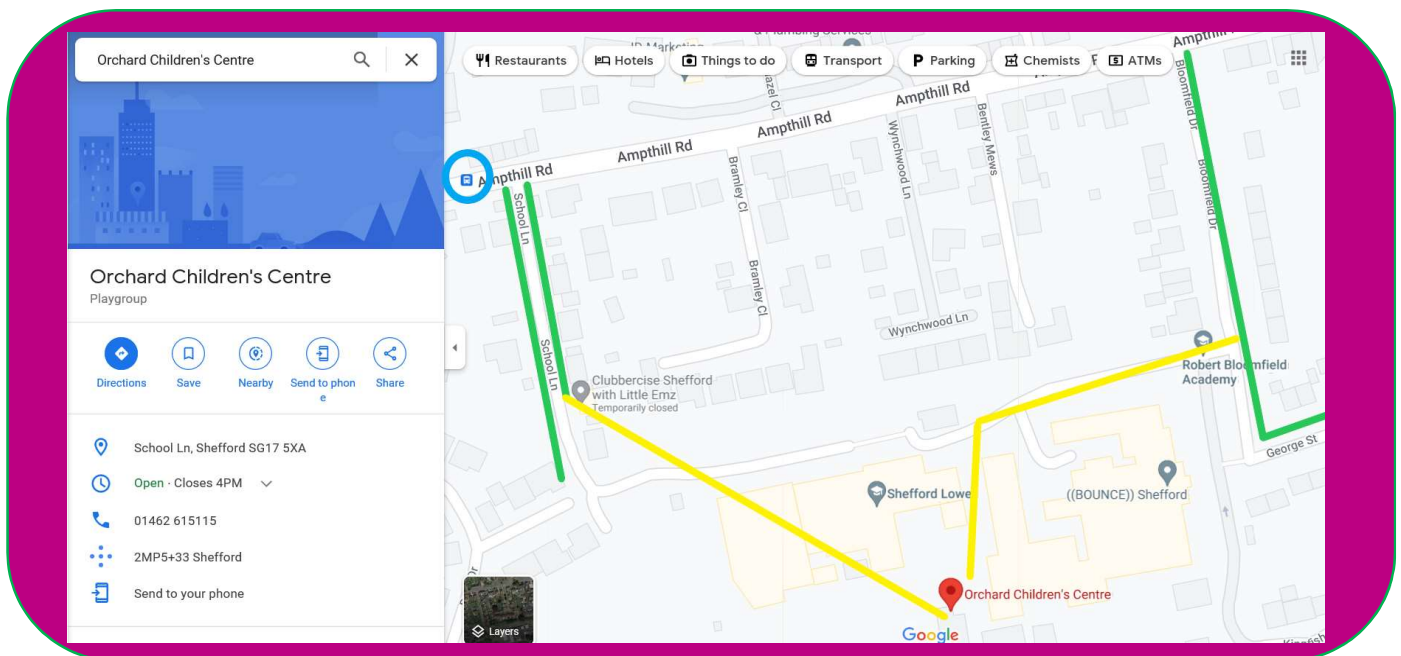
This session is completely free to attend

There is limited parking inside the Shefford Lower School's car park, you can drive straight up to the barrier and press the buzzer and staff may open it if there is space. There is street parking available, on School Lane or the side of Robert Bloomfield School side and local bus routes within walking distance along Amphill Road.

 - Bus stops (the 9A/9B/9C bus – every hour from Bedford Town Centre)

 - Street parking is available

 - Walk to the entrance



# Baby & Me Group

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

Anxious

Overwhelmed

Depressed

Lonely

Like you're not  
doing a good job

Confused about  
who can help

Confused about  
breastfeeding

Confused about  
medication

## We are here to help!



Bring your baby

We know that baby groups are good for parents and children's wellbeing. But we know they can be very scary, especially if you have experienced difficulties with mental health or if you have struggled with your mood, or just want someone to talk to...



Come and see us!

We are a non-judgemental team who run free & fun sessions for parents and babies

Come alone or  
with a friend

Hosted By:

Bedfordshire and  
Luton Perinatal Mental  
Health Service

At Shefford Children's Centre  
Shefford Lower School  
School Lane, Shefford  
SG17 5XA



Crafts &  
messy play



16<sup>th</sup> January 2023  
13<sup>th</sup> February 2023  
13<sup>th</sup> March 2023  
10<sup>th</sup> April 2023  
8<sup>th</sup> May 2023

From 10am – 11:30am

Call us on 01234 263642  
with any questions

Bring  
your  
older  
children

