



Mindful Mums

Free groups for pregnant and new mums

Learn tips and techniques to look after yourself and build resilience to handle the stresses and anxieties of being a mum.

Build confidence and social connections with other pregnant women and new mums.

Topics covered

- Changes in your identity
- Self-care
- Changing dynamics in relationships
- Relaxation techniques
- Managing stress, tiredness and worry

Who the sessions are for

Pregnant women and new mums with children up to 1 year old, living in the London Boroughs of Bromley, Lewisham and Greenwich.

These groups will be held via Zoom. For more information email: mindfulmums@blgmind.org.uk, or register via our website. <http://www.mindfulmums.org.uk/>

When

Bromley

Mondays 19th April – 24th May
1pm – 2.30pm

Thursdays 22nd April – 20th May
10.30am – 12pm

Lewisham

Tuesdays 20th April – 18th May
1pm – 2.30pm

Fridays 23rd April – 21st May
10.30am – 12pm

Greenwich

Mondays 19th April – 24th May
10.30am – 12pm

Wednesdays 21st April – 19th May
10.30am – 12pm

No groups on Bank Holiday Monday (3rd May)