



Mindful Mums

Online support sessions for expectant and new mums

Join our drop-in sessions on Zoom for online support from other expectant and new mums. Build confidence and develop social connections with other mums.

No need to register and no obligation to attend every week.

Who the sessions are for

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

When

From 3rd November
Tuesdays at 10am-10.45am

For more information email
mindfulmums@blgmind.org.uk

These groups will be held via Zoom:
Zoom Meeting ID: 560 916 9477
Password: BeK1nd@20

Find out more on our [website](https://blgmind.org.uk/mindful-mums/):
<https://blgmind.org.uk/mindful-mums/>

Bromley,
Lewisham &
Greenwich

