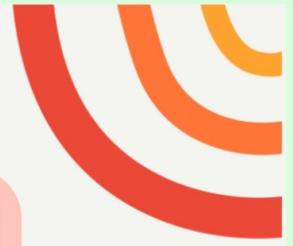




**Families  
Together**  
SUFFOLK



# Bump, Birth & Beyond Hadleigh

01379 678552

## **At our perinatal mental health support group mums can enjoy:**

- Support for wellbeing in the early stages of motherhood
- Open discussions in a safe space
- Build friendships and valuable connections
- Sensory play & weekly activities to support your baby's development and strengthen your bond together
- Access to helpful family support from an experienced coordinator
- Suitable for pregnant mums to confidently walking babies



**Wednesday's  
10am - 11.30am  
Hadleigh Reform Church  
IP7 5DL**

**To register for the group please message  
Holly on 07565 219274 or email:  
[holly@famielstogethersuffolk.org.uk](mailto:holly@famielstogethersuffolk.org.uk)**



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