



**Families  
Together**  
SUFFOLK

# Bump, Birth & Beyond Haverhill

**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



**Thursday's  
10am - 11.30am  
Chalkstone Community Centre  
CB9 0BJ**

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



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**SUFFOLK**  
Community  
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