Families Together SUFFOLK

Bump, Birth & Beyond Ipswich

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
Hawthorn Family Hub,
Ipswich IP2 0QY

To register for the group please message Holly on 07565 219274 or email: holly@familiestogethersuffolk.org.uk

Registered Charity No. 1127760

SUFFOLK Community Foundation

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The Great Grid Upgrade