



**Families
Together**
SUFFOLK

Bump, Birth & Beyond Stowmarket

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



**Tuesday's
10am - 11.30am
Redwoods, Red Gables,
Stowmarket, IP14 1BE**

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



SUFFOLK
Community
Foundation

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