



**Families
Together**
SUFFOLK



Dads Perinatal Support Group

Are you a dad navigating the challenges of having a partner under the perinatal service? Feeling the pressures, uncertainties, and looking for a space to talk?

Our dads perinatal support group is a safe haven where you can connect with other dad's facing similar experiences. In this relaxed and supportive environment, you can share your worries, thoughts, and insights, knowing that you're not alone in this journey.

When: 2nd Wednesday of every month

Time: 6:30pm - 8pm

Venue: Bury St Edmunds

Abbeycroft Leisure centre, Café

**To book your space please email Honor on
honor@famielstogethersuffolk.org.uk or WhatsApp
07415 689087**



NHS
Norfolk and Suffolk
NHS Foundation Trust

With special thanks to Abbeycroft
Leisure for offering space in the café.

