

Perinatal Wellbeing Course



Postnatal parents/ caregivers

Babies aged 0—2

Running over 6 weeks, this course explores you and your babies wellbeing, understanding worries and anxiety, how to manage low mood as well as exploring your support circle with signposting. Our next courses will be:

Tuesday 26th March—12pm—2pm
(online)

For more information or to self refer please visit our website www.northkentmind.co.uk or scan the QR code

