

Mums Matter

We dispel the myths

We help you to manage the everyday

We help you nurture yourself because
being a Mum is hard enough!



Mums Matter delivers 8 sessions over 8 weeks for women who are experiencing Perinatal Mental Health.

These sessions are aimed at women who are experiencing worrying thoughts, anxiety, postnatal and antenatal mental health issues. The sessions will provide Mums with a collection of tools and reminders to nurture themselves and keep well.

Course Dates 2018

2nd May — 27th June

Courses run weekly on Wednesdays

from 12.45 - 2.45pm

The Eatons Children's Centre

Bushmead Road, Eaton Socon, St Neots,
PE19 8BT

To book yourself a free place on
this course please contact
Corrina on 01733 362990 or
email me at
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