



Mum's Space

Pregnancy and the first two years of your baby's life is a period of significant change and transition for you, as well as your child, and can be both exciting and daunting, and many other things in between! Whether you are feeling isolated, or just in need of some shared understanding, connecting with other mums can be very helpful.



Mum's Space is a free weekly drop-in group for pregnant women, and mums with babies under the age of two at Robert Owen Children's Centre. The group is led by an experienced facilitator and offers the opportunity for creative interactive activities or a space just to connect with others.

Thursdays 11.30 - 12.30

For more information please contact

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