



# Mindful Mums

Free groups for pregnant women and new mums in Greenwich

Join our 5-week programme and learn techniques to look after yourself and build resilience to handle the stresses and anxieties of being a mum.

Build confidence and social connections with other pregnant women and new mums.

**Bookings are essential due to limited spaces**

## Topics covered:

- Changes in your identity
- Self-care
- Changing dynamics in relationships
- Relaxation techniques
- Managing stress, tiredness and worry

## Get in Touch:

For more information email:

[mindfulmums@blgmind.org.uk](mailto:mindfulmums@blgmind.org.uk)

or register via our website:

<https://rb.gy/b6pbmk>

## 5 Week Wellbeing Groups:

### • In Person Postnatal – Monday

Time: 10.30am - 12pm

Dates: 27th February - 27th March

Location: Pound Park Children's Centre,  
Pound Park Road,  
London,  
SE7 8AF

(Available to Greenwich mums of babies 0 to 12 months old)

### • In Person Postnatal – Thursday

Time: 10.30am - 12pm

Dates: 2nd March - 30th March

Location: Sherington Children's Centre,  
14 Sherington Road,  
London  
SE7 7JW

(Available to Greenwich mums of babies 0 to 12 months old.  
Priority spaces will be given to mums living in SE9 and  
other South Greenwich areas)