



Mums Matter

An 8 week course designed to support new Manchester mums (with children under 2), who are experiencing mental health challenges

This project is funded by



MANCHESTER
CITY COUNCIL

 **mind**
Manchester

...because being a mum is hard enough!

This course is to support Manchester mums with children under 2, experiencing mental health challenges such as worrying thoughts, anxiety and postnatal depression.

This course will be delivered in various venues across Manchester and sometimes online. Sessions last about two hours. You will collect a range of wellbeing tools to use in your daily life and prompts to nurture yourself to keep well.

We will also look at ways that Mums can stay connected through social and peer support groups, whether this be online or in person.

A separate additional session has also been designed for people who support you, so they can learn how to continue to help after the course has ended.

Contact:

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