



Make a Move



# Are you a **Mum?**

[www.makeamove.org.uk](http://www.makeamove.org.uk)

Make a Move is a small team of movement practitioners and therapists working in partnership with Virgin Care and B&NES to offer a service to mothers with postnatal low mood/anxiety.

## Our new online course is available on Zoom beginning 9<sup>th</sup> March 2021.

**You are invited to join our interactive, therapeutic sessions with other mothers who have babies and small children and feel overwhelmed, stressed and anxious.**

Our courses give you space for yourself and a chance to share your experience with others in a small group. We use movement, mindfulness and other therapeutic techniques.

We recommend that you can get more from sessions if you are in the group on your own while your child is cared for by someone else.

You will then be able to concentrate fully on yourself to find understanding about your situation and some new personal tools for coping.

### Courses run for 8 weeks

(please note there will be a break for the holidays between 6<sup>th</sup> April 2021 to 14<sup>th</sup> April 2021)

**Tuesday morning 10:45 am – 12:00 pm**

**Tuesday afternoon 13:45 pm – 15:00 pm**

**Wednesday morning 10:45 am – 12:00 pm**

**Wednesday evening 19:45 pm – 21:00 pm**



We ask that you are ready to sign in 15 minutes before the start time.



A computer or phone with microphone and camera and access to Zoom is essential (Zoom is an app, available to download on mobile or tablet).

If finding alternative care for your child, or the times we offer are difficult, please do still get in touch if you are interested. We will find a way to accommodate you.

**To register interest or for more information contact: [makeamove@virgincare.co.uk](mailto:makeamove@virgincare.co.uk)  
or call/text Danielle on 07592103325**

**[info@makeamove.org.uk](mailto:info@makeamove.org.uk)**



Website: [www.makeamove.org.uk](http://www.makeamove.org.uk)

