



Make a Move



Are you a **Mum?**

**Make a Move is a charity working in partnership with Virgin Care and B&NES to offer a service to mothers with postnatal low mood/anxiety.**

## **Our new online course begins on 9th March 2021**

**Join our interactive, therapeutic sessions with other mothers who have babies and small children and feel overwhelmed, stressed and anxious.**

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

You can get more from sessions if you are in the group on your own while your child is cared for by someone else, leaving you to concentrate fully on yourself to find understanding about your situation and some new personal tools for coping.

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.

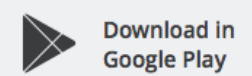
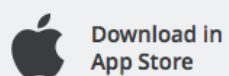
### **Courses run for 8 weeks**

(please note there will be a break for the holidays between 6th April 2021 to 14th 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**

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).



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

