



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 21st September 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.

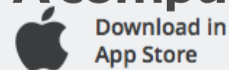
Courses run for 8 weeks

Tuesday afternoon 13:45 – 15:00

Thursday evening 19:45 – 21:00

**Please note there will be a break for the holidays on
Tues 26th Oct and Thurs 29th Oct 2021**

A computer or phone with microphone and camera and access to Zoom is essential.



**To register interest, or for more information contact:
makeamove@virgincare.co.uk**

Or call/text Danielle on 07592103325

