

Make a Move



# Do you work with **Mums?**

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

Mums are invited to join our interactive, therapeutic sessions with other mothers who have babies and small children and feel overwhelmed, stressed and anxious. We use movement, mindfulness and other therapeutic techniques.

**Our new online course is available on Zoom beginning 1st December 2021 and runs for 8 weeks.**

**Course runs for 8 weeks**

**Wednesday evening 19:30 – 20:45**

Please note there will be a break for the holidays on 29<sup>th</sup> Dec 2021 and 5<sup>th</sup> Jan 2022

If finding alternative care for their child, or the times we offer are difficult, please still encourage interested mums to get in touch. We will find a way to accommodate them.

**Referrals to: [makeamove@virgincare.co.uk](mailto:makeamove@virgincare.co.uk)  
or call/text Danielle on 07592103325**

**(Mothers can also contact us directly using these details)**

