



Join our free courses



If you have babies or small children and feel overwhelmed, stressed and anxious, then join us in our 7 week interactive, therapeutic socially distanced sessions.

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

Babies and Toddlers enjoy their own simultaneous sessions run by qualified and very experienced Early Years practitioners.

Face to Face courses resume:-

Keynsham Children's Centre

Tues 7th June 2022 to Tues 19th July 2022

10:00 – 11:30

To register interest, or for more information contact:

makeamove@hcr'gcaregroup.com or

call/text Claire on 07592103325

More sessions will follow in Bath later this year.



Please be Covid aware and do not attend if you have, or are showing symptoms of Covid

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

Our highly valued partners:



www.makamove.org.uk