



Our free Virtual courses for Mums



Mums are invited to join our 8 week interactive, therapeutic sessions with other mothers who have babies or small children and feel overwhelmed, stressed and anxious.

Our courses allow mums space for themselves and a chance to share their experience with others in a small group. We use movement, mindfulness and other therapeutic techniques.

Online Course start dates & times:-

**Wed. 31st January 2024
to Wed. 27th March 2024
19:45 - 21:00**

(Please note there will be a break for the holidays on 14th Feb 2024)

It's better for Mums if they are child free but if this isn't possible, we will welcome both mum and baby.

Referrals to:

**makeamove@hcr'gcaregroup.com or
call/text Claire on 07592103325**

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

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



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.makeamove.org.uk

© Copyright 2019 Make a Move | Registered Charity Number 1143982 | Privacy Policy