



# Join our free online courses



If you have babies or small children and feel overwhelmed, stressed and anxious, then join us in our 8 week interactive, therapeutic virtual 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.

It's better for you if you are child free but if this isn't possible we will welcome both you and your baby.

## Virtual 8 week 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 February 2024  
(This course runs for 8 weeks)

To register interest, or for more information contact:  
**[makeamove@hcr'gcaregroup.com](mailto:makeamove@hcr'gcaregroup.com)**  
or call/text Claire on 07592103325



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

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