

# Are you a Mum?

Join our free online course



Make a Move  
for mental health



## DO YOU

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

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

## FEEL OVERWHELMED?

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. 21st Jan to  
Wed. 18th March 2026  
19:45 – 21:00

(Please note that there will be a break for term break on 18<sup>th</sup> February).

To register interest, or for more information contact Claire:-

[claire@makeamove.org.uk](mailto:claire@makeamove.org.uk)

call/text Claire on  
07592103325

(Please note our **NEW** email address for all referrals)

valued partners:

