

Are you pregnant or a new mum and feeling low, anxious, alone?



Talk & support, parent to parent



'The volunteer makes me feel normal. She listens like it's okay.'

> 'Everyone there has been through similar things – it feels like a family.'



For more information text/call Ruby on: 07731 994 579 or email: parentsinmind.es@nct.org.uk

Registered charity in England and Wales: 801395 and Scotland: SC041592

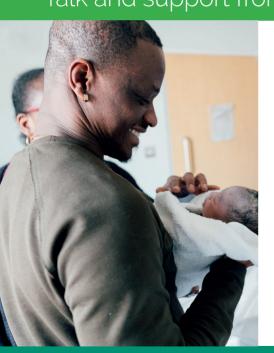


Parents in Mind, East Sussex are also offering the Anna Freud Reflective Parenting Programme. This is an amazing six-week course delivered online, to stimulate a stronger parent-infant bond.



Caring for a new baby and feel low, worried, alone?





'I was made to feel really comfortable. Nothing was a problem; it was just "talk to us about it."

'The 1:1 support really helped my confidence as a parent and in myself."



For more information text/call James on: 07732 690818 or email: parentsinmind.es@nct.org.uk

