



Are you pregnant or have a baby and feeling low, anxious, alone?



## Talk & support, mum to mum

A friendly, non-judgemental space to talk, seek information and gain support. Group or 1 to 1 support available in various locations in Coventry and Warwickshire.

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

'The 1:1 support really helped my confidence - as a mum and in myself.'

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

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

**nct** 1ST 1,000 DAYS  
NEW PARENT SUPPORT

For more information please contact Sarah on: 0788 597 5261

or email: [parentsinmind.wc@nct.org.uk](mailto:parentsinmind.wc@nct.org.uk)