

Mellow Mums and Babies

Are you a new mum? Welcoming a new baby is an exciting and magical time, but it is also completely normal to face worries and challenges.

This 14-session group will help you manage the challenges of parenting and to learn and grow as a parent while also focusing on looking after yourself. There will be opportunities to talk with other mums in similar positions as you, and reflect on your journey so far.

Getting together with other new mums and sharing ideas and experiences can be reassuring. They may know how you are feeling and you can support each other.

This group is for mums with babies aged from 12 weeks to 18 months.

Our next Mellow Mums and Babies course:

- ★ Tuesday 14 April - Tuesday 21 July 2026 (excl holidays)
- ★ 9.30am-2.30pm
- ★ Ranikhet Family Hub, Thurso Close, Tilehurst Reading RG30 4YH

For more information and to book your place, please contact **Sue Blackwood or Alison Hanks:**

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