



Emotional Wellbeing for New Parents Course

Let's Talk is part of your local NHS. We provide help to people when they are experiencing stress, anxiety and/or low mood.

This course is especially designed for you if you are a new MUM or DAD and finding things a little difficult. It will help you maintain your wellbeing at this stressful time of change.

The 5 steps you will learn about on the group are:

- 1. Looking after yourself, addressing diet, sleep and activities*
- 2. Liking yourself, thinking in a balanced way, feeling more confident*
- 3. Finding happiness, time for relaxation and self-compassion*
- 4. Being with others, remaining connected*
- 5. Managing difficult days and difficult feelings*

Venue: Hope Centre

Dates: 15 April to 13 May

Time: 9.30am – 11.30am

A crèche is available at the Hope Centre. Ring 01885 488495 for further information. (Please note that although the course is free the crèche is not funded.)

To book your place go to the Let's Talk website:
www.2gether.nhs.uk/feelbetter or talk to the Hope Centre on
01885 488495

 **Let's Talk**

Feeling stressed,
anxious or depressed?

 **NHS**

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www.2gether.nhs.uk/feelbetter
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