Mellow Mums Group

Being a mum can be tough and Home-Start's aim is to be there for parents when they need us.

Mellow Mums is an informal, one-hour session, via Zoom, each week to give mums a chance to meet others and feel less isolated. It is an opportunity to chat but with no pressure to share anything that you don't want to.
We want the group to be led by Mums and so each week you will have a chance to tell us what you would like. It could be videos, guest speakers, information or just to chat with other people who know what you are going through.
It will be facilitated by a Home Start Co-ordinator for eight weeks and there will be no more than 10 attendees each week.

The group is suitable for mums with a child under 2 years old.

The next group starts on Thursday 9th June 2022, 9.30am – 10.30am.

If you are interested in attending or would like to know more contact us at homestart.shpt@gmail.com and we will send you a link to access the group via Zoom using your phone, tablet, laptop or computer.

