

Coventry and Warwickshire



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