



# How are you, Mum?

## Free Peer Support Groups Across North and West Cumbria

Join us in a safe space for mums,  
mums-to-be and those who identify  
as mums to share how they are  
really feeling, without  
judgement.



Little ones welcome!

Nearest Group:

# Carlisle

9.30am - 10.30am

Tuesdays - Morton Manor Community Centre

Fridays - Harraby Community Centre

From Oct 2025

Full timetable of groups:

[www.happymums.org.uk](http://www.happymums.org.uk)