



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:

Brampton

10am - 11am Thursdays

Brampton Community Centre

Full timetable of groups:

www.happymums.org.uk