



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!



Carlisle

9.30am - 10.30am

Tuesdays - Morton Manor Community Centre

Fridays - Harraby Community Centre

Full timetable of groups:

www.happymums.org.uk