



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:

Penrith
1pm - 2pm Tuesdays
Penrith Leisure Centre

Full timetable of groups:

www.happymums.org.uk