



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

9.30 - 10.30am

Tuesdays - Morton Manor Community Centre

Fridays - Harraby Community Centre

Full timetable of groups:

www.happymums.org.uk

You are not alone.

More than 1 in 5 women will experience a mental health problem as a mum or mum-to-be.

From pregnancy and beyond, no matter what the age of your child, our groups are a safe space for you.

Everyone at Happy Mums has their own experiences of maternal mental health problems, so you can be sure there will be no judgement and a warm welcome.



Our support groups are created specifically to be a safe space for mums to share how they are really feeling and hear words of support from those who have been in similar situations.

There are also group helpers and toys on hand to keep the little ones entertained.

Could you help?

We couldn't do what we do without our volunteers. Are you ready to use your experiences of maternal mental health to help others?

From facilitating groups to assisting with the little ones to helping spread the word, find out how you can help:

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

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