



How are you, Mum?

When supporting a child with additional needs, you need to find time for you.

Free Online Peer Support Group

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.



Online

21st of each month

7.30pm - 8.30pm


Sign up:

www.happymums.org.uk



How does it work?

- Sign up to join the Diff-Ability group via the Happy Mums website
- We'll email you to let you know we've got your information
- You'll get an email with a link to a Teams video call during the week of the 21st.
- Click the link at the time of the call and we'll see you there! You don't have to talk if you don't want to.
- You don't need a teams account to join, although if you are using your mobile you may need to download an app.



Wherever you are on your parenting journey, the extra thinking, planning, and worrying involved in supporting your child with additional needs can be exhausting.

It really takes its toll - especially when we mums are so good at putting everyone else's needs first.

Whether you want to vent about 'smearing' or need moral support before another conversation with school, we get it. You can talk about anything here.



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.

happymums.org.uk

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