

CrossReach Perinatal Counselling, Edinburgh

Therapy group for mums with babies under 2



Do you feel you may be experiencing Postnatal Depression?

Day: Tuesday mornings (term time only)

Time: 10 - 11:30am

Cost: Donation-based

Crèche facility: Available via booking

- Do you feel isolated and lonely?
- Have you struggled connecting with your baby?
- Are you worrying more than usual?
- Come and meet other mums experiencing similar feelings. No formal diagnosis required.

“ I would really encourage you to give the group a try. I was nervous about going...and sceptical that it would be helpful. It was definitely the thing I didn't know I needed! You are not alone; if you are thinking/feeling it, then someone else will be too. ”

**A Group facilitated by 2 experienced Therapists
from the CrossReach Perinatal Team, Edinburgh.**

To find out more, please email:

pnd@crossreach.org.uk



The Church of Scotland
Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353

www.crossreach.org.uk

