

Pregnancy Counselling & Support Group

Are you pregnant?

As a result of COVID, many pregnant women have found themselves isolated, with little or no access to support during their pregnancy. Inevitably, such circumstances can lead to an increase in the level of stress, uncertainty, and anxiety.

Our support group can help

Many people hesitate to join any kind of support group, feeling nervous that they may be assessed in some way and asked personal questions.

We wish to tell you why and how our support group will help you during this special time in your life.

Whether this is your first, second or third baby, you can join the group at any stage of your pregnancy!



A safe space to talk

Our perinatal specialists will show you how to manage and talk about any feelings of stress or anxiety. This will help you start to feel emotionally and mentally ready for the arrival of your baby.

You will also be able to connect with other pregnant mothers going through the same things as you.

CrossReach Perinatal Counselling, Edinburgh

Further details:

- **When:** Tuesdays from 2.45 - 4.15 pm
- **Date:** To be confirmed
- **Size of the group:** 8 pregnant mums
- **Cost:** Our services are offered on a donation basis. The ability to pay will never be a barrier to accessing support.
- **Covid:** We will adhere to current COVID guidelines for everyone's safety. The size of the group may therefore go up or down.



Ongoing support for you & your baby!

You will meet the wellbeing team, who provides postnatal support, including breastfeeding. They can introduce you to the benefits of bonding with your baby through infant massage and play. Our specialist support includes:

- Breast Feeding Support; Peer Support; 1-2-1 Counselling; Art Therapy; Infant Massage; Stay and Play in the crèche.

Our Specialist Perinatal Team

To find out more about our team and what we offer, please visit us at:

[www.crossreach.org.uk/our-locations/
crossreach-perinatal-service](http://www.crossreach.org.uk/our-locations/crossreach-perinatal-service)

How to join the group:

Email us: pnd@crossreach.org.uk

Location:

CrossReach Perinatal Service
Simpson House
52 Queen Street
Edinburgh EH2 3NS