

# Wellbeing in Motherhood Group

An 8 week programme based on Cognitive Behaviour Therapy techniques to help you develop skills and techniques to manage feelings of low mood that can develop in the first year following the birth of your baby.

The weekly meetings will consist of a mixture of understanding your difficulties, discussion and interactive exercises around your experiences in a group of women with similar struggles in an informal, friendly atmosphere.



To find out more, self-refer or make a referral ...

**Call 0208 548 5550**

**[www.richmondwellbeingsservice.nhs.uk](http://www.richmondwellbeingsservice.nhs.uk)**



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