



Woodlands Children's Centre

at Gilbert Scott Primary School



Motherhood and mental health – the facts
According to the MIND report (2006) one in six women are known to be affected by mental distress during pregnancy or following childbirth.

- Antenatal depression
- Baby Blues
- Postnatal depression
- Puerperal psychosis
- Pre-existing conditions

Post Natal Support Group



Woodlands Children's Centre
Fortnightly during term time
Monday's 10am to 11am

SureStart

Post Natal Support Group

Since having your baby....

- Are you feeling cut off?
- Permanently exhausted?
- Down?
- Finding it a struggle to cope?

If you can answer yes to some or all of these questions then you might find our Post Natal Support Group helpful.

Woodlands Children's Centre's Post Natal Support Group is aimed at mums with their babies under the age of 1 year old. It is lead by Sue Walters. Family Support Worker at the Centre.



For some new mums having a baby doesn't bring with it the joys that they had hoped for when pregnant.

This could be due to many reasons including the baby blues or post natal depression.

This support group aims to provide a safe place to share feelings and concerns with other new mums.