



Postnatal Group

Coping with anxiety & low mood:
for postnatal mums and dads

Learn Cognitive-Behavioural techniques to manage and overcome postnatal worry and low mood through a course funded by the NHS



Next group:
Start: **Tuesday 12th January 2021**
Time: **9.30-11.30am**
Duration: **6 weeks**
Location: **Online**

Contact us if you are interested:

Email: groups@centreforpsychology.co.uk Call: 01372 610650

