We offer a safe space for caregivers to share worries and ideas whilst having the opportunity to make new friendships with other mums – come and join us for a cup of tea, a biscuit, and friendly conversation in a relaxed and welcoming space.

Get in touch to join the group

☎Tel 01344 860 025

✉Email: office@hsbf.org.uk

Website: hsbf.org.uk



Baby and Mum Group

A free weekly group for mothers & carers with babies aged 12 months & under

HOME START
Bracknell Forest



Becoming a parent can be both joyful and challenging. The Baby & Mum Group offers a calm, supportive environment where you can connect with others who understand the ups and downs of caring for a young baby.

This free 10-week group is designed to help mothers and carers:

- Build confidence and feel more at ease in social settings
- Share experiences and concerns in a safe, non-judgemental space
- Develop supportive friendships with others on a similar journey
- Access helpful advice, tips, and resources

Our trained staff and volunteers are always on hand to listen and support.

Why Join Us?

Feelings of anxiety, low mood, or isolation are very common during the early months of parenthood. When it's hard to leave the house or find someone to talk to, everything can feel more difficult. This group offers a gentle and welcoming first step.

As well as making long-lasting friendships at the group, many parents find that, over time, they feel more confident, connected, and ready to explore other opportunities with their baby.

