What other mums have said

"I wish that my every day could start with a Mums in Mind"

"I'm feeling really good and looking forward to next week's session"

"I was sad when I first met you and now I'm happy"

"I am feeling more confident and am now looking into joining other groups. My partner has noticed a difference in me too"

"I feel happier. The course has given me something to do every week and I feel so much better for it. I like myself more than I did before"

"The course made me feel less isolated and more normal. I now know that I am not the only one that feels this way"

"I felt at ease straight away in the group. It has allowed me to have a more positive outlook at parenthood. I wish the course was longer"

"You made the course sound good, but it's actually awesome"

Any information about you will be treated with the utmost respect and confidentially and where possible will be anonymised. What you say in our Mums in Mind group will stay within those walls and be confidential except in very rare circumstances.

We aim to help you build up your confidence and coping strategies during the six session course. Home-Start Bracknell will be there for you after this, should you still need support, or we can help you to find other nearby support groups.

Get in touch to join the group

☎Tel 01344 860 025

✉Email: office@hsbf.org.uk

Website: hsbf.org.uk



Mums in Mind

Wellbeing group for Mums

NATIONAL LOTTERY FUNDED

HOME START Bracknell Forest



Feeling the 'baby blues'?

Following the birth of a baby it is usual to feel emotional whilst you adjust to motherhood. Sometimes these feelings persist and become worse. Meeting other mums, who have similar feelings, and learning about how to manage the way you feel could prevent you from feeling worse. Approximately 20% of mums will develop a mental health illness whilst pregnant or within the first year of their child's birth - it is NOT rare!

What is a 'Mums in Mind' group?

A safe, welcoming, and confidential space for mums with babies under 18 months who may be feeling low, anxious, isolated, or overwhelmed. This free group offers gentle support and connection with others who understand what you're going through.
Our facilitators will be bringing their skills and experience to discuss methods of managing and understanding feelings, to help find ways of coping better.
The course runs over six weeks for 1.5 hours per session , a free on-site professional creche is provided, allowing you the time and space to focus on your needs, and giving you the peace of mind that your little one is being looked after.

How to receive our support?

If you feel that you could benefit from our group, please contact us directly or ask your Midwife, Health Visitor or GP to complete a referral form from our website. One of the Home-Start Bracknell Forest Co-ordinators will contact you soon after, and go through everything you need to know. If our course is not for you, then they will discuss other available options.

What to expect

In every session we aim to provide

- The same Home-Start Co-ordinators
- CBT techniques
- The same venue
- The opportunity for you to meet other mums who have similar feelings to you.
- A friendly, relaxed and non-judgemental atmosphere
- Confidentiality

