

Are you a **Mum?**

Make a Move is a charity working in partnership with Virgin Care and B&NES to offer a service to mothers with postnatal low mood/anxiety.

Our new online course starts 1st December 2021

Join our interactive, therapeutic sessions with other mothers who have babies and small children and feel overwhelmed, stressed and anxious.

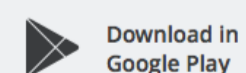
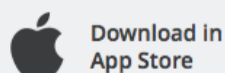
Have some space for yourself, a chance to share your experience with others in a small group. We use movement, mindfulness and other therapeutic techniques.

You can get more from sessions if you are in the group on your own while your child is cared for by someone else, leaving you to concentrate fully on yourself to find understanding about your situation and some new personal tools for coping.

If finding alternative care for your child, or the times we offer are difficult, please do still get in touch if you are interested. We will find a way to accommodate you.

**Our new 8 week online course starts:
Wednesday 1st December 2021,
19:30 – 20:45
(Please note there will be a break for the holidays on
Wed 29th Dec and 5th Jan)**

A computer or phone with microphone and camera and
access to Zoom is essential.



**To register interest, or for more information contact:
makeamove@virgincare.co.uk**

Or call/text Claire on 07592103325

