

# BIRTH, BUMP AND BEYOND SUPPORT GROUPS

These sessions are to support perinatal mental health for parents to be and parents with babies birth to walking. If you would like to join any of the session below please contact the allocated group coordinator to register.



**Stowmarket Chill, Chat & Play**      Tuesday      10:30am - 12pm      Stowmarket Community Centre IP14 2BD      **Aimee 07925 138384**

**Hadleigh Chill, Chat & Play**      Wednesday      10am - 11:30am      Community Room Hadleigh Reform Church, IP7 5DL      **Kate 07565 219288**

**Bury St Edmunds Chill, Chat & Play**      Wednesday      10am - 11:30am      Bridge Church Community Centre IP32 6JZ      **Holly 07565 219274**

**Haverhill Chill, Chat & Play**      Thursday      1pm - 2pm      Haverhill Methodist Church CB9 8HF      **Karen 07395 796279**

**Dads Perinatal Support group** (For dad's supporting a partner receiving help with perinatal mental health)      2nd Wednesday of every month      6:30pm - 8pm      Abbeycroft Leisure Centre, Café Bury St Edmunds      **Honor 07415 689087**

**Our moving on group is for parents who have attended chill, chat & play but are not yet ready to attend busier family groups and may still need a little extra support and confidence building with baby.**

**Moving on group Bury**      Monday      10am - 11am      Anselm Community Centre IP32 6JZ      **Holly IP32 6JZ**

**Moving on group Stowmarket**      Tuesday      10am - 11am      Redwoods, Red Gables, IP14 1BE      **Holly 07565 219274**

**Moving on group Bungay**      Wednesday      10am - 11:30am      Bungay Community Centre NR35 1PU      **Aimee 07925 138384**