

PERINATAL WELLBEING GROUP

FOR PARENT'S OF AGED 2'S & UNDER

Stay connected for future events — follow
@alternativesdundee on all social platforms.

8 week block

12:30pm - 2pm

Wednesday 29th April
Wednesday 6th May
Wednesday 13th May
Wednesday 20th May
Wednesday 27th May
Wednesday 3rd June
Wednesday 10th June
Wednesday 17th June

Children's Creche Room
Central Library, Wellgate
Centre, Dundee

Free Tea, Coffee & Snacks

Limited Spaces
Please book in advance



Our group has been designed to provide an opportunity for parents who live in Dundee, to meet other parents and feel supported. Numbers are limited to ensure it feels like a safe space for everyone.

Staff will be there to welcome you, help with introductions and facilitate the group. We can provide signposting to other services and organisations. Young children, aged 2 and under, are welcome to attend. Being a parent is tough and can, at times, feel isolating, overwhelming and impact our mood.

These sessions are a chance to come together, catch your breath, and to help you to take care of your emotional wellbeing.

If you would like to book your place or have any questions, please contact:
Michelle at michelle@alternativesdundee.co.uk or text 07759 058 342
Jamie-Lee at jamie-lee@alternativesdundee.co.uk or text 07488 812 846