

PERINATAL WELLBEING GROUP

FOR PARENT'S OF AGED 2'S & UNDER

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

6 week block

12pm – 1:30pm

Wednesday 25th February

Wednesday 4th March

Wednesday 11th March

Wednesday 18th March

Wednesday 25th March

Wednesday 1st April

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