



**Are you feeling low, anxious  
or overwhelmed?**

**Would you like support?**

**Mums Matter can  
help.**

Our next online programme will be aimed at Mums living in the North Herts and Stevenage area with babies up to 24 months

**Start date: Thursday 20th January 2022**

**Time: 10:00 - 12:00**

**Length of programme: 8 weeks**

For more details call/ text Corrina on 07961 944779 or email [mumsmatter@hertsmindnetwork.org](mailto:mumsmatter@hertsmindnetwork.org)

**"I'm so grateful for the  
opportunity of  
coming on this course, it's  
literally changed my life."**

**Mums  
Matter**

[www.hertsmindnetwork.org/mums-matter](http://www.hertsmindnetwork.org/mums-matter)