



**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 St Albans/Dacorum area with babies up to 24 months

Start date: Thursday 28th April 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

**"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