



# Mums Matter Summer Online Course 2024

**...Because being a Mum is hard enough.**

Mums Matter is an 8 week course, designed to support new Mums, with a child under 2, who are experiencing a variety of mental health challenges such as worrying thoughts, anxiety and postnatal depression.

**From Wednesday 17 July 2024**

**Via Zoom**

Sessions last 2 hours. You will collect a range of wellbeing tools to use in your daily life and prompts to nurture yourself to keep well.

**To reserve your space please contact**

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 **Mind**  
Manchester