



# Thrive not Survive!

## Perinatal Support at Mid & North Powys Mind

### Mums Matter Courses

Our Mums Matter courses are 7 weekly sessions delivered in-person and online, around Mid & North Powys for new Mums who are feeling low, anxious or overwhelmed by motherhood.

They take place in a relaxed and friendly environment, and a crèche is provided to give you the space and time you need to work through different themes, gain tools and skills and to help you to feel yourself again.

### For more information

Contact Tracy, the Mums Matter Facilitator, on:

**Mobile: 07960 271696**

**Email: [mums@mnpmind.org.uk](mailto:mums@mnpmind.org.uk)**

**Web: [www.mnpmind.org.uk](http://www.mnpmind.org.uk)**

### Peer Support Groups

After the course has finished you can join a peer support group in your area, to continue helping and supporting each other.

The groups are held monthly in the following areas: Llanidloes, Newtown, Presteigne, Machynlleth, Llandrindod (Online & In-person) & Additional Needs.

**We are also running an online Zumba class every Monday evening.**

### 1-to-1 Support

1-to-1 Support is available with a member of our team until a course in your area begins. Pregnant mums can also use the 1-to-1 Support service until the birth of their child.