

YOU & YOUR BUMP SESSIONS



advance
brighter
futures
a helping hand for people's mental wellbeing



FREE

5
fun friendly sessions
THAT CAN CHANGE YOUR LIFE

In just five, enjoyable sessions, you can learn how to get the most out of your pre-natal experiences and prepare yourself for parenthood.

With the help of supportive worksheets and suggestions to try, you will learn how to improve your feelings so that you can enjoy both your pregnancy and your future role as a parent.

You will also meet other expectant parents online and have a lot of fun!

TIME/DATE:	Mondays 1:00pm - 2:30pm Starts June 5th 2023*
COST:	FREE
LOCATION:	Online via a live video link (instructions to be provided)
CONTACT:	☎ 01978 364777 ✉ info@abfwxm.co.uk

* These dates run throughout the year - please get in touch if you need to find out more.

ORIGINAL COURSE
BY DR CHRIS WILLIAMS

Course has been adopted by PRAMS, a project run by ABF.



5 WEEKLY SESSIONS OF 1.5 HOURS

