firsthand
opportunities
support
respite

# Time 4 Mum

Because you're a whole lot more than "only a mum."

## Re-Connect

Time 4 Mum is here to help you recharge and re-connect with yourself. With your passions, skills, strengths and to remind you it's ok to take some time out for yourself. You might meet new people or simply learn something new.

## Build Your Confidence

Our workers will support you and help to build your confidence in attending an activity of your choice over 12 weeks. E.g Yoga, dance, art, studies, counselling, while your children are at school or nursery.

## Contact Us For More Info:


Jan.Holden@firsthand-lothian.org.uk

Tel: 0131 523 1322


Available for mum's in Edinburgh with childcare in place.


OSCR
Scottish Charity Regulator
www.oscr.org.uk
Registered Charity
SC020655