CROSSREACH
Care you can put your faith in

Postnatal Therapy Group

Perinatal Counselling - Palmerston Place

Are you a mum with a baby under 1 year?

Are you...**worried or angry?** Experiencing **low mood?**
Feeling **isolated or lonely?** Struggling to **connect with your baby?**

What to expect...

- 15 Sessions.
- Thursday's 10am - 11:30am.
- Creche provided.
- Safe space to meet others experiencing similar feelings.

What others have said...

"You are not alone; if you are thinking/feeling it, then someone else will be too."

"It was definitely the thing I didn't know I needed."

SCAN ME

Send us an email & we will be in touch.
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care inspectorate

Recognised by COSCA
Counselling & Psychotherapy in Scotland

The Church of Scotland
Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353