

Managing Mental Wellbeing During Pregnancy

Feeling stressed? Worried? Anxious? Unable to relax?

Pregnancy can be a joyful yet stressful and challenging time for many.

This workshop offers some information and understanding around common stressors during pregnancy and how this can impact on you.

We also aim to teach you some coping strategies to keep stress levels lowered throughout your pregnancy and beyond.

The workshop is held virtually via Microsoft Teams. You will be sent a joining link via email to access this workshop

Wednesday 7th July 2021- Part 1 (Understanding) 10:30am-12:00pm

Wednesday 14th July 2021-Part 2 (Practice) - 10:30am-12:00pm

Wednesday 6th October 2021- Part 1 (Understanding)- 5.30pm-7:00pm

Wednesday 13th October 2021- Part 2 (Practice) - 5:30pm-7:00pm

Wednesday 24th November 2021- Part 1 (Understanding)- 10:00am- 11:30am

Wednesday 1st December 2021- Part 2 (Practice)- 10:00am-11:30am

Please call 01226 644900 or visit our website www.BarnsleyIAPT.co.uk to book your place on this workshop.

The workshop is run by Psychological Wellbeing Practitioners from Barnsley's Improving Access to Psychological Therapies (IAPT) service/ Mental Wellbeing Midwife from Barnsley Maternity