



Support for New Mums and growing families



Becoming pregnant, whether planned or unexpected, can be an exciting and a worrying time. It's important to remember that it isn't unusual to experience new feelings, or anxiety or have a number of questions whether you are a first time mum or have other children.

Our Peer Supporters, who are also mums, can provide company and offer advice and support. If you are a new mum or have had a baby in the last 2 years, please contact Lesley on 07971 253308 or via email lesleyb@familylives.org.uk. Find us on Facebook at [@newmumsbarnsley](https://www.facebook.com/newmumsbarnsley).