

Support for New Mums and growing families



**Are you pregnant and preparing to care for a baby?
Are you feeling excited but have some anxieties?
Are you worried about attending appointments?**

Our wonderful Peer Supporters can offer advice and support about the following;

- Eating and sleeping well
- Maintaining good emotional well being
- Adjusting to parenthood
- Attending appointments and groups with you until you begin to feel more confident about going it alone.

**Interested? Why not call or text Lesley on
07971 253308, email lesleyb@familylives.org.uk or
get in touch via Facebook at [@newmumsbarnsley](https://www.facebook.com/newmumsbarnsley)**

