

Support for New Mums and growing families



Are you pregnant or mum to a baby or toddler up 2 years old? Are you feeling a little overwhelmed or isolated? Would you like a gentle helping hand from our Peer Supporters?

Our Peer Supporters can offer emotional and practical advice via telephone, video link, home visiting and support in the community. They can help reduce parenting and relationship anxieties and support you with meeting other mums or getting your emotional well being back on track to help you feel like yourself again.

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) for more information.

