

PERINATAL SUPPORT GROUP

FOR PARENT'S OF AGED 2'S & UNDER

8 Week Block

12pm - 1:30pm

Wednesday 23rd October
Wednesday 30th October
Wednesday 6th November
Wednesday 13th November
Wednesday 20th November
Wednesday 27th November
Wednesday 4th December
Wednesday 11th December

Children's Creche Room |
Central Library, Wellgate Centre, Dundee

Free Tea, Coffee & Snacks ||

Limited Spaces |
Please book in advance



Our group has been designed to provide a safe space where parents can meet other parents, share their experiences, feel supported with others who are experiencing similar challenges at this point in their lives.

Staff will be there to welcome you, help with introductions and facilitate the group. We can provide signposting to other services and organisations. Young children, aged 2 and under, are welcome.

Being a parent is tough and can feel isolating, overwhelming and can impact our mood at times. These sessions are a chance to come together, catch your breath, and to help you to take care of your emotional wellbeing.

If you would like to book your place or have any questions, please contact:

Michelle at michelle@alternativesdundee.co.uk or text 07759 058 342
Jamie-Lee at jamielee.morgan@parent-to-parent.org or text 07305 046 705