



MUM AND BABY GROUP

MOTHERS IN MIND

Join us, meet other mums and learn how to improve your wellbeing through creative activities



A free group for mums and children under 2 years old led by our wellbeing team



**Starts Thursday
26th September
10-11.30am**



**St Anne's Church Hall
St Anne's Road
Canvey Island SS8 7LS**

PLACES MUST BE BOOKED IN ADVANCE

**Contact: 01245 847410
or email: info@home-startessex.org.uk**