

YOU & YOUR BUMP SESSIONS



advance
brighter
futures
a helping hand for people's mental wellbeing



FREE

5 **THAT CAN CHANGE YOUR LIFE**
fun friendly sessions

In just five enjoyable sessions, this course can help expectant mums learn more about getting the most out of their pre-natal experiences.

With the help of supportive worksheets and tasks to try, participants learn ways to improve how they feel so that they enjoy their pregnancy and future life as a parent.

They will also meet mums-to-be and have a lot of fun!

TIME/DATE: Wednesdays | 6:00pm - 7:30pm
Starts 20th June, 2018

COST: FREE

LOCATION: 3 Belmont Road | Wrexham
LL13 7PW

CONTACT: info@abfwxm.co.uk
 01978 364777

ORIGINAL COURSE
BY DR CHRIS WILLIAMS

Course has been adopted by PRAMS, a project run by ABF.



5 WEEKLY SESSIONS OF 1.5 HOURS

