



Mindful Mums Befriending

Make a Difference to Pregnant Women and New Mothers?

Develop your skills and use your experience of pregnancy and motherhood to support other local women.

Become a Mindful Mums Volunteer Befriender and support pregnant women and new mums living in Bromley borough, through a challenging period of their lives.

Our volunteer befrienders help women positively deal with the stresses and other changes that pregnancy and motherhood can bring. Befriending support is provided on a one-to-one basis, in the home and local community.

Training and ongoing support are provided and expenses covered.

Contact:

Fiona Newman Tel: 07885 975129
fiona.newman@blmind.org.uk
<https://bit.ly/2VRrlv6>

Visit the short link above or scan the QR code on the right with your smartphone (QR app needed) to find out more.

