



**Barking &
Dagenham
Family
Hubs**

Mums Matter

Mums Matter is a free 8 week peer support course which aims to support new mums with their mental health and wellbeing. We explore set topics such as basic needs, thinking patterns and self esteem. We have a free on site crèche for children aged 2 and under so that mums can fully participate in the course. We Also Provide this course online.

This service is available to This service is available to Mums living in Havering, Barking & Dagenham who have at least once child under the age of 3.



**For more information
contact**

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mind
Havering, Barking
and Dagenham

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