



# Mums Matter

Mums Matter is a new support service set to empower Mums to take control of their health and wellbeing in Havering, Barking and Dagenham.

Supporting Mums using an holistic approach, this eight week course will incorporate practical and emotional support.

This is an early intervention service that women can self-refer into or be referred by other professionals.

This course has been designed by mums, for mums experiencing mental health challenges in the perinatal period.

We are pleased to announce we will be supporting our mums with crèche facilities to ensure our mums can fully participate in the group sessions.

## For more information:

01708 457040

[mumsmatter@haveringmind.org.uk](mailto:mumsmatter@haveringmind.org.uk)

[www.haveringmind.org.uk](http://www.haveringmind.org.uk)



HaveringMindCharity



@mumsmatter.hbdmind



Havering, Barking  
and Dagenham

Charity No: 1108470