



# Mum's Space

Pregnancy and the first two years of your baby's life is a period of significant change and transition for you, as well as your child, and can be both exciting and daunting, and many other things in between! Whether you are feeling isolated, or just in need of some shared understanding, connecting with other mums can be very helpful.



**Mum's Space is a free weekly support group led by an experienced facilitator at Quaggy Children's Centre for pregnant women and mums with babies under the age of two.**

**For more information please contact Lisa at Quaggy Children's Centre – 020 8465 9785 email [lisa@quaggychildrenscentre.org.uk](mailto:lisa@quaggychildrenscentre.org.uk)**



**or book a place on Eventbrite. Search for Quaggy or visit [rb.gy/zuc8z2](http://rb.gy/zuc8z2)**

