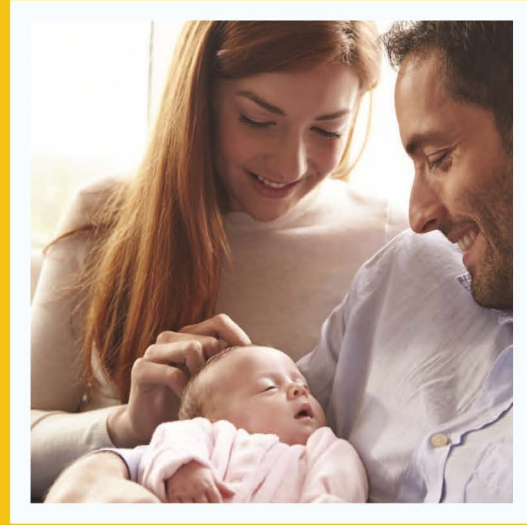


FREE COURSES AVAILABLE

LOOKING AFTER YOUR MENTAL HEALTH DURING PREGNANCY AND PARENTHOOD



AWARE'S Mood Matters Parent and Baby Programme

- A 2-hour mental health awareness session for expectant parents and parents of young babies (0-3 years old).
- Learn skills and techniques to look after your mental health, manage your feelings when you are stressed, anxious or depressed and help you cope with challenges during and after pregnancy.

Tuesday 7th September, 7-9pm

Wednesday 27th October, 7-9pm

Thursday 9th December, 7-9pm

AWARE'S Living Life to the Full Programme

- A programme for expectant parents and parents of young babies (0-3 years old).
- The programme consists of six 2-hour weekly sessions and uses Cognitive Behavioural Therapy (CBT) concepts.
- Exploring with participants how we think, how we feel, how we behave and how it affects us physically.

6 weekly sessions, starting
Thursday 23rd September
until Thursday 28th October

To register, scan
this QR code to be
brought to AWARE's
website.



aware-ni.org



Registered charity NIC100561

AWARE
OVERCOMING DEPRESSION.
CHANGING LIVES.