

Mum's the Word



Mum's the Word is a series of 1 hour sessions running over a six week period for pregnant mums. During the six weeks you can expect to meet with other pregnant mums, make new friends, build support and have the chance to learn about the social and relationship changes to be expected in life following the birth of your new baby. There will be the opportunity to create your own baby keepsake and even indulge in a mini pamper session! Want to know more? - Then please get in touch to find out when the next six week block of **Mum's the Word** will be starting and to indicate your preference for afternoon or evening sessions.

Week 1: Introductions and create a baby keepsake

Week 2: Keeping connected - putting your support system in place

Week 3: Create good habits for healthy relationships

Week 4: Spot the bad habits that can cause relationship breakdown

Week 5: Keeping dad involved

Week 6: Mini pamper session

Weeks 3/4/5 are adapted from Care for the Family's "Let's Stick Together" course
www.careforethefamily.org.uk

Day/Time: This will depend on the majority availability of those wishing to attend. Please get in contact to register your interest and to indicate your preference for afternoon or evenings.

Cost: This is a **free** group to attend. You are welcome to make a donation towards refreshments/materials should you wish.

Venue: The Living Room, Fairways, Inverness, IV2 6AA

Contact Annette Maclean T: 01463 220800

E: community@stcolumbainverness.org

"Mum's The Word" is part of The Connections Project run by Inverness St. Columba Church of Scotland. More info:
www.stcolumbainverness.org/connections