



# Wellbeing for New and Expecting Parents

Free Online Workshop  
Wednesday 8th & Friday 10th June  
11am - 12:30pm

A friendly, safe space and a chance to get involved in discussions and ask questions.

Topics Covered Include;

- Transition from pregnancy to baby
- Expectations vs reality
- Relationships and communication
- Bonding with baby
- Self-care
- Coping strategies

\*Participants must be 18+ and a Merton resident or registered with a Merton GP

Scan the QR code or follow our link below to book your free space. Please note that this is a 2 part workshop and you must be able to attend both dates.

[www.mertonuplift.eventbrite.co.uk](http://www.mertonuplift.eventbrite.co.uk)



## CONTACT US

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