

Preparing to be Mum

**FREE 4 hour Workshop
for mums-to-be**

Run by trained antenatal facilitator

Discuss preparing for birth and labour

Master changing, holding and bathing baby

Talk about Mum's mental wellbeing

Light lunch provided

Places limited, booking required

Register your interest:

www.hsbf.org.uk/self-referral-form/

This course is funded by Bracknell Public Health

**HOME
START**
Bracknell Forest

**Saturday
27th Jan 2024
10am - 2pm
Bracknell**

