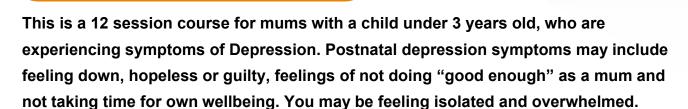




# **Mums Matter**

## What is the course?





The idea behind CBT is that what you think and do affects the way you feel. Sometimes people get 'stuck' in vicious cycles: the things they do to solve a problem can keep it going. You will find out what is keeping you 'stuck' and how to make changes in your thinking and actions to improve how you feel.

# **Session Topics**

Some of the topic we cover include:

- Expectations of Parenthood
- Sleep & Relaxation
- Looking after ourselves
- Anxiety and worry
- Combatting your inner critic
- Self compassion

### **FAQs**

#### Will I need my webcam on?

This is an interactive course, as we know how beneficial it can be to have a safe space to talk about mental health. We ask you to have webcams on so you can join in during the session. We run a separate webinar for postnatal depression if you would prefer more of an educational format.

#### Can I have my child with me in the session?

We always recommend trying to arrange childcare during the session if you can, so that you are able to fully engage and get the most out of your treatment. we understand that this is not always possible, particularly with young babies, and our courses are very flexible for your needs.

#### How many other people will be there?

We usually have up to 6-12 people attending the course.

What if I can't make a session? Please call 0300790 0542 or email dhc.bc.s2w@nhs.net as soon as possible to let us know.