



## Mums Understanding Motherhood Group

Wednesday 19 March 10 am - 12 pm

Are you under 24 and either expecting a baby or already a mum?

Looking for guidance and support in a safe and

welcoming environment?

Through the UK Shared Prosperity Fund, we are hosting a friendly inclusive support group where mothers under the age of 24, will be able to find out information on relevant services in the local community.

During these groups you will have the opportunity to speak with professionals from local organisations such as the **Job Centre Lancaster & Morecambe College Adult & Community Learning Children and Family Wellbeing Services** as well as Health visitors and Midwives.

Lancaster & Morecambe College, Employer Hub, Suite 2

To express your interest in attending, please complete the form by scanning the QR Code



If this pilot group proves beneficial then we will look to offer a group aimed at fathers and expectant fathers.