



# POWER Group

Pregnancy Oriented Wellbeing Empowering Resource

Are you pregnant?

Do you ever feel stressed, worried or low?

Do you have difficulty relaxing?

Do you struggle with self-care?

We are running a 6 week group to help with symptoms of stress, anxiety and low mood in pregnancy

Please contact us to refer for an initial assessment and to reserve a place in the group

**Date:** 28<sup>th</sup> June to 2<sup>nd</sup> August

**Time:** Fridays 9.45am-11.15pm

**Place:** Epsom Sure Start Centre  
Pound Lane  
Epsom  
Surrey  
KT19 8SD



Call Mind Matters on  
0300 330 5450 or self  
refer on:

<https://www.mindmattersnhs.co.uk/surrey>