

Perinatal Peer Support Groups

Mental Health Peer Support Groups for mums with babies up to the age of 18 months.



Locations:

Nomony Children's Centre, Cattedown

Monday between 10-11.30am

Four Greens Wellbeing Hub, Whitleigh

Wednesday between 10 -12 noon

The Barn Children's Centre, St. Budeaux

Friday between 10.00 – 11.30 am

The Rees Centre, Plympton

Friday between 1—2.30pm

Green Ark Children's Centre, Devonport

Friday's between 1-2.30pm

Please email us at
livewell.perinatalpeersupport@nhs.net
for further information or to self-refer.