

Mellow Mums Parenting Group 14 Weekly Sessions

MUMS OF CHILDREN AGED 0-5Y



Becoming a new parent is exciting, but it can feel overwhelming and, at times, challenging.

The Mellow Mums group offers a supportive space where mums can learn about their child's development and build a strong bond with them. Focused on relationships, mums are encouraged to reflect on their own experiences and relationships by sharing their journey and supporting one another.

The group is informal, non-judgmental, and a perfect space for navigating your children's new phase while taking care of yourself.

Through strength video feedback, parenting workshops, mindfulness, crafts, videos and activities to support mums to connect with their children and to notice, understand, and respond to their child's signals in a timely and loving manner.

"Was scary to start off with and out with my comfort zone but I am so glad I did it. I've made friends for life and the people who run the group are amazing! I have felt so supported through everything and I would do this group again and again if I could!"

"I realised I'm not alone and other mums are in the same situation as me. I am grateful I could be a part of the group and it let me see that I can do it and that I am valuable for my children"

"It's just been brilliant. So warm and inviting every week. A safe space."

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