



HERETAUNGA
WOMEN'S
CENTRE

Mummy Matters

Ante/Postnatal Depression Support Group



A support group for Mums and Mums to be who are experiencing depression and anxiety, or baby blues. Come and have a cuppa and a chat with mums who understand. Monthly guest speakers. Child and baby friendly.

Day: Thursday's

Where: Heretaunga Women's Centre

Time: 1:00pm – 2:00pm

Cost: Koha

Facilitators: Laura Wood & Natalie Coles

P/F 06 878 5401 | E admin@heretaungawomenscentre.nz | www.heretaungawomenscentre.nz
Women's Rest Building | Cnr Russell & Eastbourne Streets, Hastings 4122 | PO Box 780, Hastings 4156

Support the Heretaunga Women's Centre at givealittle.co.nz