





# MELLOW MUMS

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- Are you a Naval Mum?
  - Do you have a child under 2 years?
  - Would you like to meet mums in a similar situation and improve your well-being?
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Being a mum can be tough and Home-Start wants to be there for parents, so we have set up a support group with the RNRMC. We want to help you feel less alone and help support your mental health.

Mellow Mums is an 8 week informal, confidential one-hour session delivered on Zoom with a Home-Start Co-ordinator.

You will be able to meet other Naval mums from across the country who may be sharing similar experiences.

If you are interested and want to find out more visit the website or use the QR Code

[www.homestart-southandwestdevon.org.uk/navy-armed-forces](http://www.homestart-southandwestdevon.org.uk/navy-armed-forces)

