



## PARENT & BABY WORKSHOP

A free online mental health awareness workshop for expectant parents and parents of young children (under 3 years of age) delivered by AWARE, the depression charity for Northern Ireland.

### The workshop teaches you skills to:

- Look after your mental health
- Manage your feelings when you are stressed, anxious, or depressed
- How to identify mental ill-health
- Cope with challenges during and after pregnancy
- How and where to get help

### Course delivery:

Delivered online via Zoom  
Thursday 14th March 7-9pm  
Sign up online on our website:

 [www.aware-ni.org/MMPB](http://www.aware-ni.org/MMPB)

