

# Mums and Young Childrens Group

**Friends of the Family** is a Winchester charity supporting local families facing adversity, enabling them to face their future with confidence.

## Are you a new mum experiencing...

- isolation or feeling alone?
- difficulty with relationships?
- the cost of living biting?
- challenges with your mental health?
- struggles with the demands of parenting?
- overwhelm, hardship or burnout?



**You're not alone in this – we are just a phone call or email away.**

We run a unique support group for Mums and Young Children (0-3) offering a non-judgmental, safe and nurturing environment for you and your child.

With the help of Play Volunteers, we support and care for your little ones in a child-led group setting, whilst you access group support led by our experienced therapist in the companionship of other mums.

## Find out more

Reach out by email on [hello@fotfwinchester.org](mailto:hello@fotfwinchester.org) or call **01962 864466** to learn more about how we can support you and your little one

# Meet Karla

We understand that the idea of joining a group when life already feels overwhelming may seem daunting.

We will guide you every step of the way - our team and mum rep will meet you beforehand and you will be able to spend time with your child in the group, getting to know us and joining the other mums in group only when you are ready.



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Karla says, "I had a rocky mental health patch when I was pregnant with my 3rd child. The health visitor suggested the group to me and at first I said – ‘Hell no, I’m not going to some cliquy group.’ **I had a real fear of judgement and great anxiety.** When I got here the first session was very awkward. But the second time I came I thought – **I’m never leaving.**

The Mum’s garden room literally saved my life. I genuinely believed I’d kill myself before I started coming here. **It’s time for me.** I can try to get me back.

**I’ve never left my children with anyone,** but I’d happily leave them with the helpers when I’m here knowing I don’t have to worry about them.

I have Colette as a one-to-one counsellor, I wouldn’t be here without her. Doesn’t judge. Laughs in the right places and has made me a different sort of Mum. She’s given me the oomph to keep going. **The support between the group is also important** – we give each other a soft landing. I’ve grown as a person. I know I’ve got my demons. But **I’m in control.**

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[hello@fotfwinchester.org](mailto:hello@fotfwinchester.org)