



# Wellbeing webinars

For new parents and guardians



## Event times and dates:

- 01 Jul - Wellbeing and relaxation for pregnancy and parenthood
- 06 Jul - Managing anxiety and worry in for pregnancy and parenthood
- 09 Jul - Pregnancy and Motherhood in uncertain times
- 16 Jul - Activity for boosting mood in pregnancy and parenthood
- 21 Jul - Eating well for you bump and baby
- 26 Jul - Managing sleep during pregnancy and parenthood

**To book your space visit**

<https://mktalkingtherapies.>

[nhs.uk/blmk-events](https://nhs.uk/blmk-events)