



Stroud Hospitals League of Friends funds a wide range of wellbeing groups for mothers through Stroud Maternity.

WELLBEING GROUPS FOR MOTHERS THROUGH STROUD MATERNITY

Ask your midwife
today for details of
how to attend
these groups, free
of charge.

Maternal Journal Circle

Creative journaling for pregnant women and new mothers

MONDAYS 10-11.30



Mum & Baby Yoga

Postnatal yoga and baby yoga to meet other mums and connect with your baby

MONDAYS 2-3.30



Tea & Cake

For pregnant women and new parents

MONDAYS 2-4



New Mothers' Wellbeing Circle

Six-week course to meet other mothers and learn practical wellbeing strategies

TUESDAYS 10-11.30



Mothers' Circle

Monthly sharing and reflection group for mothers of all ages

TUESDAYS 1-2.30



Infant Sleep Peer Support Group

Learn about normal infant sleep, tips and advice to make it more manageable

TUESDAYS 1-2.30



MamaSings

Gentle lullabies and uplifting songs for pregnant women, all parents and babies up to 5mo

THURSDAYS 9.50-10.50