

WHO WILL I MEET?

MUMS' SUPPORT GROUP TONBRIDGE

RUN BY VAL POLLINGTON

AND DIANA BARTHOLOMEW.

CRECHE PLAY LEADERS:

TONI MCBRIDE AND KAY GIBBS

We look forward to meeting you soon.

Sevenoaks Area Mind

34 St John's Road
Sevenoaks
Kent
TN13 3LW

01732 459558

admin@sevenoaksareamind.org.uk
www.sevenoaksareamind.org.uk

Mums' Support Group Tonbridge



Who are we?

We are a small friendly group run by a committed team of mums and volunteers, supported by Sevenoaks Area Mind.

- We aim to help any mother who is experiencing any kind of difficulty, who would like to meet other mothers who feel the same.
- We offer mutual help, support and information for mothers who are finding life with children challenging in some way.
- We provide a relaxed and friendly atmosphere where mums can have a drink while sharing their feelings and experiences in a safe, non judgemental, child free environment.
- Our service is free and completely confidential.



What Help is Offered?

We provide mothers with help in coping with problems such as panic attacks, anxiety and lack of self esteem and confidence, as well as all types of depression.

For the Children

We have our own crèche, which is run by a team of experienced helpers, who have enhanced CRB checks.

They will provide for all the needs of the children, whatever their age, in a safe, well equipped play area with a wide variety of toys appropriate to all ages. Refreshments and snacks are also provided for them.

The mums' meeting room is nearby so as to minimise separation anxieties for both mother and children.

When do we meet?

Every Tuesdays from 1.15-2.45pm
3 St Mary's Road
Tonbridge
Kent TN9 2LD
(off Pembury Road, opposite the police station).

Who do I contact?

Tracy Smith-Dance
01732 743902
For more information and a referral form.

Sevenoaks Area Mind

34 St John's Road
Sevenoaks
Kent
TN13 3LW
01732 459558



For better
mental health