

*Supporting families
affected by perinatal
mental health issues and
difficult emotions before
and after birth*



Peer Support Group

Fridays 12.30-2pm

Term time only

Vauxhall Park Stay & Play
St Stephen's Children Centre
Fentiman Road entrance
SW8 1PU

Tel: 07500 427122

Email: info@cocoonfamilysupport.org

Website: www.cocoonfamilysupport.org

Come along to our friendly support group and meet other parents who are experiencing similar feelings, take part in creative activities and eat cake! No need to book, just drop in!

For those needing a bit more support we also can provide counselling with childcare. Please contact us for more details.

Cocoon Family Support is a charity founded by mums who experienced their own difficulties with pregnancy and parenthood. We support those affected by ante and postnatal depression and those who are struggling to deal with difficult emotions before and after birth.

Registered charity no: 1158994

