

Virtual HOPE Programme for Postnatal and Emotional Wellbeing

The physical and emotional journey to becoming a parent can leave some in a challenging place. We invite you to share, practice self-kindness and try a range of activities that can really empower you as a parent and as an individual to live more comfortably.

The Devon HOPE Programme are launching a FREE six week Virtual HOPE course via Microsoft Teams, specifically aimed at postnatal and emotional wellbeing, starting on **Tuesday 2nd March**.

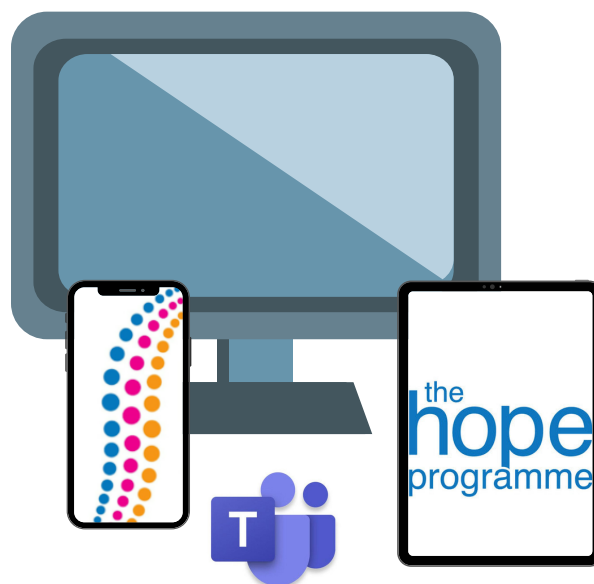
This course will allow you to connect with other people who are experiencing something similar to you. You are not alone! Take this time for yourself to prioritise your wellbeing, increasing your sense of control and your resilience.

The course will run **10:00am - 12:00noon** on the following dates:

02.03.2021
09.03.2021
16.03.2021
23.03.2021
30.03.2021
06.04.2021

To attend this course you will need:

- Access to the internet
- Access to Microsoft Teams
- A Webcam and Microphone
- A PC, Laptop, Tablet or Smartphone



Register your interest today!

To register or for more info, please call [01803 210493](tel:01803210493) or email hope.devon@nhs.net

<https://www.torbayandsouthdevon.nhs.uk/services/hope-programme>