

A close-up photograph of a pregnant woman's belly, which is the central focus. Two hands are gently cupping the belly from the sides, symbolizing care and support. The woman is wearing a white top. The background is a soft, warm tone.

Having a baby? It's time to talk!

Join us for a free community workshop to learn about mental health for expectant parents: what it is, how to look after it and how to talk with someone who you are concerned about, whether a partner, friend or family member.

Saturday 25th September

9.30am-12.30pm

**Plunket, 8 Henry Street,
Queenstown**

Upskilling yourself before your baby comes means you'll be better prepared, build connections with other parents-to-be and can support those around you to stay well on the road to parenthood.

**For more information visit
www.southernwellbeingtrust.org**

**To book please contact
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