

SELF-MANAGEMENT COURSE



Are you pregnant
and want to
improve your
wellbeing?



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WELLBEING IN PREGNANCY COURSE



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inspired by possibility





WELLBEING IN PREGNANCY COURSE

Our Wellbeing In Pregnancy course is for expectant mothers, offering tailored support for the unique and sometimes overwhelming journey of pregnancy.

It addresses pregnancy-specific anxieties, improves mood, and challenges negative thoughts. The aim of this course is to boost confidence, reduce stress, and enhance well-being, while providing a space for pregnant women to connect and support each other.

This course is designed for new mums with babies under the age of one, offering support tailored to the unique challenges of early motherhood, including emotional adjustments and practical challenges. It also provides a safe and non-judgmental space for new mums to connect with each other.

The course incorporates principles of Cognitive Behavioural Therapy (CBT), an evidence-based approach to enhancing mental health by altering thought patterns, emotions, and behaviours. It is particularly suited for individuals experiencing mild to moderate symptoms of anxiety, depression, or stress.

The focus is on understanding and managing current challenges, rather than delving into past events. Participants will learn practical tools to enhance their well-being both now and in the future.

What to expect in the sessions

The course is led by a Psychological Wellbeing Practitioner, who will help you develop coping strategies for your symptoms. While there is no pressure to share personal experiences, some interaction is encouraged.

- 6 weekly 90-minute sessions
- A relaxed, informal atmosphere
- A resource pack for use, during and after the course
- Success depends on practicing the skills learned between sessions

Session breakdown

1. An Introduction to Antenatal Depression and Anxiety
2. Addressing Anxiety and Worry About Birth
3. Boosting Your Mood and Motivation Through Activity
4. Identifying and Challenging Negative Thoughts
5. Tackling Avoidance and Solving Problems
6. Bringing it all together and planning for the future

Feedback from a client:



"I really enjoyed the course and feel it's given me the right tools to move forward with managing my stress and worries"

For more information, phone **01924 234 860**