



**Do you want to meet other
Naval and Royal Marine mums?**



Do you have a child under 2?

**Do you want to connect with other mums in a
similar situation, and improve your well being?**



Being a mum can be tough and Home-Start wants to be there for parents, so we have set up a support group with the RNRMC.

Fancy joining an online group where you can talk, get information, make new friends and create an ongoing digital support network?

We offer a rolling programme (contact us for dates)

You will be able to meet other mums from across the country who may be sharing similar experiences.

Join our **'Mums On Board'** group!
(The group is delivered digitally over 6 weeks, once a week for an hour, by a Home-Start co-ordinator)

Visit the website or scan the QR code

Delivered in partnership with HS S&W Devon & Portsmouth

I joined to meet other navy mums but it has been so much better. It's nice to have a baby group where you can be open and honest

www.homestart-southandwestdevon.org.uk/navy-armed-forces or email homestart.shpt@gmail.com

