

**World Maternal
Mental Health Day
1st of May 2024**



Minding Me

Supporting Expectant and New Mothers in
Dublin South, Kildare and West Wicklow

Let's Connect

**Becoming a mother can be
lovely but sometimes lonely**

**To combat loneliness, let's make connections
with new mothers in our communities**

**To learn more visit
www.themotherhoodprogramme.ie**

