

# Wellbeing in Pregnancy Class

Come to a virtual drop-in session to learn new coping strategies to help you relax and to feel more positive about your pregnancy.

Partners are welcome  
**A midwife will be in every session.**

**Overwhelmed?  
Stressed?**

**Anxious?**

**Low mood?**

**Irritable?**

**We can  
help.**

All sessions will take place over Zoom - there's no need to book, just join the video call at the start time.

## To Join the Class or Contact us

You can join by:

- Scanning the QR code below
- Calling 0203 481 5240 and entering the meeting ID number: 83776442847 and pin: 824032
- Using a Zoom link from our website:  
[www.talkingtherapies.cnwl.nhs.net/Pregnancy](http://www.talkingtherapies.cnwl.nhs.net/Pregnancy)

For more information about this class, please contact CNWL Talking Therapies Hillingdon by calling us on 01895 206 800 or by emailing: [hillingtonalkingtherapies.cnwl@nhs.net](mailto:hillingtonalkingtherapies.cnwl@nhs.net)



## 2020 Sessions

**Tuesday 11th Aug**  
9.30am – 11.00am

**Tuesday 8th Sep**  
9.30am - 11.00am

**Tuesday 13th Oct**  
9.30am - 11.00am

**Tuesday 10th Nov**  
9.30am - 11.00am

**Tuesday 8th Dec**  
9.30am - 11.00am