



# Evolve



## Are you pregnant or do you have a baby under 1?

Do you ever feel stressed, worried or low?



Do you have difficulty relaxing?

Do you struggle with self-care?

**We are running a 6 week group to help with symptoms of stress, anxiety and low mood for Mums and Mums-to-be**

**Please contact us to refer for an initial consultation and to reserve a place in the group**

**Date:** Starting Monday 24<sup>th</sup> June

**Time:** 4.30 – 6pm, weekly for 6 weeks

**Place:** Dorking Children's Centre, Goodwyn's Road, N. Holmwood, Dorking, RH4 2LR



**Talk to us today**  
**01483 906 392**

**Or visit**  
**[dhctalkingtherapies.co.uk](http://dhctalkingtherapies.co.uk)**