



MOTHERS MIND STAFFORDSHIRE JOURNEY

This will give you an overview of the services we provide here at Mothers Mind (Staffordshire). The pathway can be fluid and tailored to meet your needs.

We have created a safe space to share with like minded people without judgement whilst taking ownership of your recovery.

We support mums in prenatal stage of pregnancy to 2 years postpartum.

INITIAL EVALUATION

The initial Evaluation will consist of a 121 with a volunteer. This will help us get a better understanding of what support is needed and if the service is right for you.

16 WEEK THERAPEUTIC PROGRAMME

A topic of the week will support our group discussions and help support with building coping mechanisms into your day to day life.

Our topics cover things such as; Communication, Relationships, Self Care, Breaking cycles and Stigma.

GRADUATION

Following the 16 week therapeutic programme we will celebrate your achievement over the time with us. We will discuss on how best to wean you from the programme. We will work with you and advise on what we think may be best.

BUILDING A SUPPORT NETWORK & WEANING

After graduation we will discuss on weaning you from the Thursday group programme. This may be bi-weekly or monthly.

We will also encourage you to build and maintain the relationships made through group sessions.

TRANSITIONAL GROUP

Introduce you to our Monday/Wednesday Transitional Peer Support Group. This can be a great bridge from having the support but enable you to take ownership of your recovery.