



STRUGGLING TO ENJOY YOUR PREGNANCY OR YOUR NEW BABY?

We offer *free support services* across Birmingham, in a calm, private and non judgemental environment that allows mum and/or dad to feel supported and talk at ease.

Our services for mums and dads include:

- Weekly support sessions at locations across Birmingham, including one-to-one befriending and group work with on-site crèche
- Phone support
- Helping Hands at Home (practical support)
- Signposting

Get in touch now
to find out more...

0121 301 5990

Monday to Friday, 9.30 am to 3 pm

 @Acacia_Family  AcaciaFS

www.acacia.org.uk

Acacia Family Support

Improving the lives of mothers and families affected by pre and postnatal depression



LOTTERY FUNDED

Acacia Family Support is a registered charity no. 1122831 and a company limited by guarantee no. 6217626.