

PANDAS

Peer Support Group

Your local PANDAS support group is here to listen

**Are you pregnant, or have you just had a baby?
Are you experiencing anxiety, depression
or other mental health issues?**

**Tuesdays 2:30-4:30pm
Turner Children's Centre
Ivory Place, Brighton.
BN2 9QE**

**Contact Heidi
for more
information:
07969 393569**

Joining a PANDAS support group can make all the difference.
Come and join other mums in a safe, caring and supportive environment

You are not alone...



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www.pandasfoundation.org.uk

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