



OXPIP Rose Hill & Blackbird Leys Antenatal Zoom Group

Are you pregnant? Worried or anxious about your pregnancy, giving birth or becoming a mother?

You are invited to join our Antenatal Zoom Group.

As part of this group you will be able to:

- Give and receive support from other women as well as the OXPIP therapist running the group
- Learn about what is happening to your body and growing baby
- Understand the connection between our mind/emotions and our bodies
- Practice some mindful techniques to help manage any anxiety



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The group will run from 12.00-13.30 on Wednesdays via Zoom.

To find out more information, please contact OXPIP on 01865 778034.