

Our Circle

For women and girls who are pregnant or have a child under 5 and have had experience of the care system

Explore healthy relationships and new ways to play and connect with your children

Build your parenting skills in a supportive space

Learn the importance of self-care and how to use it

Share experiences, gain practical skills, and build a strong support network



Make a referral on our website
www.womenshealthmatters.org.uk

