



# NURTURING MUMS

**DATE & TIME:** TBC

**LOCATION:** ONLINE

## WHO IS THE COURSE FOR?

Health professionals, Counsellors, Social workers, Support workers and anyone involved in supporting the mental health of new mums

## AT THE END OF THE COURSE

On completion of the day you will be able to:

- Understand what PND is
- Recognise the signs of PND
- Understand how you can support individuals suffering PND
- Understand the Do's and Don'ts of PND

## TRAINER

Kate Blakemore BA (hons) Bus. Management. Diploma in Counselling. Award in Teaching. Mentoring qualification. Reiki 2 qualified. Diploma in Fertility counselling. Accredited counsellor in infant Loss.

Kate is a person centred counsellor and has her own private practice. Kate is also the founder on Motherwell, a charity set up to support the mental health and wellbeing of mums.

Motherwell offer counselling for the new mums as well as run therapeutic courses, for mums overwhelmed by motherhood. Kate and the team organise local events in the area empowering mums and working on their sense of identity.

Kate is a mum herself of 3 children and has with, suffering Post Natal Depression with one child and a Traumatic birth with 2 children, and ectopic and miscarriage therefore is very passionate about the topics.

To book your place or to find out more information,  
please visit [www.kateblakemore.com](http://www.kateblakemore.com)