



Are you expecting a baby and in your last 12 weeks of pregnancy?

If you are anxious about how you will manage, have a history of depression; worried about the impact of a new baby on your partner or other children; or simply feeling overwhelmed - we can help.

We can support you through pregnancy, birth and beyond.

Our volunteers help hundreds of parents like you. Volunteers can listen to your concerns without judging you. They can help you attend medical appointments, prepare for the baby and introduce you to other local organisations. Their weekly visits can support the whole family, both practically and emotionally, helping ensure the best possible start for you and your baby. You decide what you need and it is all confidential. All our volunteers are DBS checked and fully trained.



To find out more,
with no obligation
Contact 020 8487 8500
info@homestart-richmond.org.uk
www.homestart-richmond.org.uk
Registered Charity no: 1108975

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