



**From Me to Mum – My Mindful Way Through Pregnancy –
therapeutic support group for pregnant women**

10 weeks program

<i>Referral date</i>	
<i>Client's name</i>	
<i>Date of birth</i>	
<i>Ethnicity</i>	
<i>Age of gestation</i>	
<i>Due date</i>	
<i>Other children at home (names and age)</i>	
<i>Postal address</i>	
<i>Phone number</i>	
<i>Email</i>	
<i>Name of the agency or professional who made the referral</i>	
<i>Contact details of the agency or professional who made the referral – (Or how did you hear about us?)</i>	
<i>Reason for referral</i>	

* Please, send this form to our email address **maternalmentalwellbeing@gmail.com** We will come back to you as soon as possible. Also, we accept self-referrals.

Signature _____

Find more about the group here <https://www.maternalmentalwellbeing.com/>