



MOMENTUM
COUNSELLING

x *maggie & rose*

COMMUNITY MENTAL WELLNESS
SUPPORT FOR NEW MUMS

New mothers common thoughts

Why am I feeling so
moody / irritable?

I feel so exhausted
and can barely function.
When will my baby
sleep through the night?

No one told me how
hard this was going
to be.

Come join us, it's FREE!

Supporting your motherhood journey, with tips on how to unpack
mental load and opportunity to meet some new friends!

With trained Counsellors: Patricia Toh & Jill Carter
from Momentum Counselling Limited



Repulse Bay Beach Club

Wednesday 10 Aug / 24 Aug

10:30am - 11:30am

Minimum 4 to proceed, Maximum 10.
First booked first served.

To book, please email
repulsebay@maggieandrose.com.hk
Whatsapp +852 6463 2931