



Antenatal PEEP

**Are you expecting a baby in the next three months?
Would you like to start to get to know your baby now?**



Antenatal PEEP offers a relaxed and friendly group, for you and your partner to:

- Get to know your baby now.
- Meet other expectant parents.
- Consider how life will change and find out about local support.
- Discover how to strengthen your bond with your baby.
- Understand early brain development and how to support it.

If you would like to find out more about this service:

- Get in touch by phone, email, (details below).
- Have a look at our website.
- Just walk into one of our buildings where staff will be happy to help.

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