

# Talk it Over!



## Postnatal Support Group

### Need or want to talk?

Why not come along to our Postnatal Support Group which is being held every Tuesday from 10.30am – 12.00pm in Paisley Abbey (access via Café opposite Paisley Town Hall)

Crèche facilities are available and you will be able to access free counselling services if required.

Just come along

Or for more information contact  
Paisley Abbey Office on:  
0141 889 7654

