

# Talk it Over!

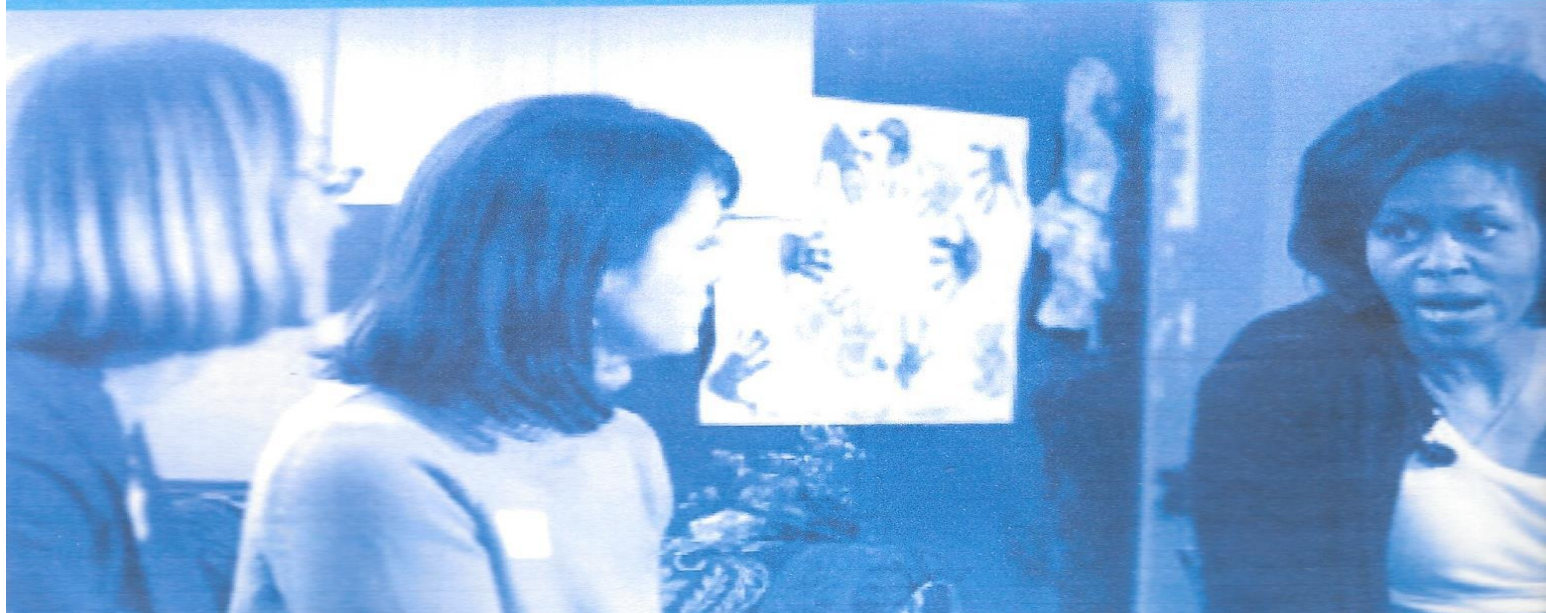
## Postnatal Support Group

### 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



*\*Please note that this group will restart again on  
16<sup>th</sup> January 2018*