

Mothers Matter PND Support: PND Family/Whanau NZ Trust, Christchurch

Keeping it basic! Sonya (36). MEETING OTHER MUMS. MOTHERS MATTER. FAMILY AND FRIENDS GETTING IT. SONYA (36). NICE SUMMERS DAY, BBQ WITH FRIENDS. DEVON (38). A PICNIC IN THE LOUNGE ON A RAINY DAY. MOTHERS MATTER. MAKING MY FAVOURITE GINGERBREAD PEOPLE. DEBBIE. BEING KIND TO YOURSELF. PND TRUST. Getting back into the workforce. Amber. GOING TO THE GYM. SONYA. Getting out of Mothers & Babies. Me (32). Talking to Dads at PNAP Mens evening. Dev. Booking in me time! Mothers Matter. RUNNING SUPPORT GROUPS IN CHCH. PNDNZ TRUST. Seeing Mums spread their wings. Facilitator. Asking for HELP. Sonya (36). Gardening. Debbie. Lending a hand at group. Bridget. Painting. Kathy. Snuggles with babies. Maud. Family days with Jack & Lily. Devon (38).

Canterbury has been through a lot.
Thanks for sharing some of the simple
things that bring you joy.

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