



Building
stronger
families

Volunteer with Family Action Perinatal Support Service

Are you ready to make a difference in your life and the lives of others?
If so - we are looking for volunteers across the Bradford District.

Are you:
A good listener?
Non judgemental?
Friendly and reliable?

Do you understand the
emotional effects of
pregnancy and the
demands of parenthood?

Our Perinatal Support Service is needed more than ever by expectant mums and those with babies under two.

Many new parents experience low mood, social isolation or are struggling to care for their baby.

You could make all the difference by sparing half a day a week to provide emotional and listening support.

In return we can offer you full training, ongoing support and the resources you will need.

If you are interested, get in touch:



Family Action Bradford Perinatal Support Service



07966 926 849



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www.family-action.org.uk

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