

You and Me, Mum Group

This 8-week course will help you understand how domestic violence impacts on you as a parent and how it affects your children. The course objectives are to empower, support and develop further understanding of your role as a mother in addressing the needs of your children and young people

To book and secure your place on this course please call
01743 250400

Every Wednesday from
Wednesday 14th January 2026 – Wednesday 11th March 2026
09:30-11:30am
Venue: Shrewsbury SY1

Facilitated by
Early Help and Support Team with Shropshire Domestic Abuse
Service

