

# You and Me Mum Group

To book and secure your place on this course,  
please call

**01743 250400**

**Wednesday 15<sup>th</sup> April 2026 – Wednesday  
11<sup>th</sup> June 2026  
09:30-11:30am**

*(It will not run during the half term holiday  
on 27<sup>th</sup> May 2026)*

**Venue: Shrewsbury SY1**

***Facilitated by***

***Early Help and Support Team with Shropshire  
Domestic Abuse Service***



An 8-week course to help understand how domestic violence impacts on you and your children. Aiming to empower, support and develop further understanding of your role as a mother in addressing the needs of your children/young person.