

Rise

Tuesdays and Thursdays

Rise is a **FREE** creative therapy programme aimed at supporting mums who are suffering with postnatal depression and anxiety. A crèche is available which runs alongside the two hour class where babies can be safely cared for by experienced and qualified staff.



What previous Rise Mummies have said:

"I feel more confident and my anxiety is easier to manage"

"It has allowed me to feel less isolated and alone"

"I have made some genuine friendships and loved every minute of it"

"It has provided a space to talk and take time for myself"

Accepting
referrals

DorchesterArts

Rise

The Rise course runs for 12 weeks during term time and offers a range of creative and therapeutic activities alongside a selection of tools and coping strategies. There is a dedicated peer supporter on hand to provide a warm welcome and listening ear, with a wealth of experience and training in perinatal mental health.

Attending our sessions provides mums with a 'space to just be', enabling the magic of meeting other mums, experiencing the same things, in a safe, confidential non-judgemental place.

We hope that mums will leave Rise at the end of the course feeling more confident and better able to cope with their anxiety and depression.

Dorchester:

Thursdays, 10am - 12pm

Location: The Corn Exchange, High East St, Dorchester, DT1 1HF

Sherborne:

Tuesdays, 10.30am - 12.30pm

Location: Raleigh Hall, Digby Rd, Sherborne DT9 3LW

REFERRALS: We accept referrals for mothers experiencing anxiety and depression during pregnancy and up to two years after birth. Referrals can be made by mums, family members and health professionals. To make a referral simply contact us via email below.

DorchesterArts

rise@dorchesterarts.org.uk

01305 266926

www.dorchesterarts.org.uk/rise

Supported by:

Dorchester Town Council



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