Hello

**We're doing a research project and we are looking for women who are struggling with distress, sadness or depression around pregnancy, childbirth & motherhood**

**We are looking for women who would like to join our**

**Free creative workshops, led by Emma Gray and Shirin Teifouri.**

There will be coffee/tea, cake and lunch provided and travel expenses reimbursed. We can pay for childcare for babies/toddlers at home or in the workshops with you.

You are invited to take part in 6 workshops which run on Thursdays 10.30am – 1pm. They would provide time to reflect, explore and communicate ideas, words and stories - to create something in the company of women who have shared experiences of depression or other mental health difficulties around pregnancy, childbirth & motherhood. We want to emphasise that the workshops would not aim to provide therapy.

The aim of our study is for you to explore your personal experiences of nature so that we can find out if and how nature does (or does not!) help your feelings of wellbeing. No interest or skill in art, storytelling or nature is needed.

**When:** 6 sessions starting Thursday 7th June 10.30am-1pm

**Where:** Union Street Onespace, Sheffield city centre (this room is on the first floor; there is space for buggies downstairs)

**Contact: Jo Birch, University of Sheffield.**

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