

## Bluebell Perinatal Therapy Group Paisley

**Bluebell Perinatal Service supports families struggling  
with the impact of perinatal difficulties (PND)**

**Are you pregnant or do you have children under 2?**

**Are you struggling with how you are feeling?**

**You are not alone**

**Support is here for you every Tuesday 10.30am - 12.00pm**

**Crèche available**

### **Get in touch:**

**e: [bluebell@crossreach.org.uk](mailto:bluebell@crossreach.org.uk)**

**t: 0141 221 3003**

**w: [crossreach.org.uk/bluebell-pnd-service](http://crossreach.org.uk/bluebell-pnd-service)**

### **Location:**

Place of Paisley

Paisley Abbey

Abbey Close

PAISLEY PA1 1JG



*Thanks to Paisley Abbey for their  
funding and support*



The Church of Scotland

Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353



[www.crossreach.org.uk](http://www.crossreach.org.uk)