**F.A.B Support Groups on Zoom**

**Post-Natal Video support groups Monday to Friday mornings at 10-10.30am with trained peer supporters and other mums;**

* Monday with Moyna and Hannah - [**https://us04web.zoom.us/j/477564825**](https://us04web.zoom.us/j/477564825)
* Tuesday with Kate and Gillian - [**https://us04web.zoom.us/j/707031004**](https://us04web.zoom.us/j/707031004)
* Wednesday with Helen and Loreto - [**https://us04web.zoom.us/j/808345677**](https://us04web.zoom.us/j/808345677)
* Thursday with Helen and Femida - [**https://us04web.zoom.us/j/841260511**](https://us04web.zoom.us/j/841260511)
* Friday with Sarah and Fazila - [**https://us04web.zoom.us/j/232649390**](https://us04web.zoom.us/j/232649390)

**FAB Antenatal Video workshop group with Helen every Monday 1-1.30pm –** [**https://us04web.zoom.us/j/251598926**](https://us04web.zoom.us/j/251598926)