

**World Maternal
Mental Health Day
1st of May 2024**

**To all the mothers reading this,
we just want to say,**

**You are doing
a great job!**

**To learn more visit
www.themotherhoodprogramme.ie
or scan the QR code below.**



Minding Me

Supporting Expectant and New Mothers in
Dublin South, Kildare and West Wicklow



Connecting for Life
Dublin South,
Kildare and West Wicklow



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Let's Connect

Becoming a mother can be lovely but sometimes lonely

To combat loneliness, let's make connections with new mothers in our communities

Combating loneliness in Motherhood is the theme of the Dublin South, Kildare, and West Wicklow campaign for World Maternal Mental Health Day, 1st of May 2024. As part of that campaign we are providing ribbons for you to tie to your buggy or change bag.

This ribbon signifies a mothers openness to connecting with other new mothers. If you see another mother with a ribbon say hello!

Please give the second ribbon, and this card, to another mother you meet.



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