



Registration form

Maternal Journal (**name**) will involve working with a group of up to 15, pregnant women*, new mothers or people that birth, who have a history of mild to moderate mental health problems. The workshops introduce the practice of 'journaling' as a creative way to express feelings, reflect on experiences and promote good mental health and wellbeing.

**The use of the word 'woman' is intended as inclusive of any person who 'births' or identifies as a 'woman', 'mother' or 'gender non-conforming parent'.*

The project is led by (**details of workshop leader**).

The project can generate strong feelings, and therefore is not recommended for people with a history of, or current, serious mental health issue. Maternal Journal is an inclusive project that welcomes all women*, mothers, and people who birth and creates a safe space for people to listen, share and support each other.

Participants will need to be free for all dates. No prior experience is needed, and all are welcome. Babies up to 12 months old are welcome to come along. Materials and refreshments are provided.

Dates (example below):

- 8th May: Hollie McNish – diary-keeping & poetry workshop
- 15th May: Bridget Minamore – poetry workshop
- 22nd May: Jodie Hawkes – writing workshop
- 29th May: Anna Furse – writing workshop
- 5th June: Laura Godfrey-Isaacs – sketch-books & drawing workshop

Times: 11am – 1pm, followed by a free lunch till 1.30pm

Location: The Junction Cambridge, Clifton Way, CB1 7GX
<https://www.junction.co.uk>

Registration – Please fill in the registration form below and send back to (name and email address) project producer, with your name, email address and telephone number, and any queries, and we will be in touch to confirm your participation.

Website: www.maternaljournal.org

Facebook: <https://www.facebook.com/maternaljournal/>

Twitter: @maternaljrnl

Instagram: @maternaljrnl

Please complete the following information:

Name	Email	Phone	Brief description

