



first steps

first steps is a monthly group for new mums
with babies aged up to 12 months.

Our aim is to enable new Mums from Dundonald Church, along with their friends, to meet together to build friendships and to encourage one another in their new roles. The mornings will include an opportunity to have coffee and chat, hear from experienced mums and most importantly, to learn what the Bible has to say about the struggles new mums face.

monthly. 10.30AM – noon.

at Dundonald Church, 577 Kingston Road, Raynes Park

FOR FURTHER INFO first.steps@dundonald.org

SEE REVERSE
FOR PROGRAMME

 **Dundonald**
CHURCH

first steps

18th September '18 • Anxious, depressed and out of control?

16th October '18 • Tiredness and beyond...

20th November '18 • I've lost my identity...

18th December '18 • Unto us a child is given...

15th January '19 • Help! Where's my joy?

12th February '19 • Whose body is it anyway?

19th March '19 • I'm bored of this now...

23rd April '19 • Superwife? Supermum?!

21st May '19 • Pray? What?! When?!

18th June '19 • Parenting God's way...

16th July '19 • Next steps?