



www.mybirth.org.uk

My Birth Support CIC

Support to help you flourish and thrive

Do you know a

- Naomi?
- Dave?
- Jen?
- Steve?
- Margaret?
- Vivian?



Find out more



“Supporting the mental health and emotional wellbeing of parents and carers and helping others do the same”



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Aileen White

Founded a not for profit support service for parents following her journey to overcome Tokophobia (fear of childbirth) 11 years ago.



Find out more



After 8 years supporting families in Medway and then Merseyside,

My Birth Support CIC

was founded in 2021.

www.mybirth.org.uk

Find out more



“Thanks to My Birth Support, I now realise birth is all part of a journey to be experienced. I don’t need to fear the twists and turns!” Nicola, UK



Find out more





Supporting over **1200**
parents since **2012**, over
half of them since **2021**.

Find out more



"I felt uncertain, nervous and tense. But now thanks to Aileen's support I feel pleased, relieved, proud. I'm looking forward to see how Leo develops and grows."

Dad Alistair, Germany

Find out more





Where possible, we offer support in collaboration with other Canterbury charities, churches and groups:



Find out more





We also offer our own bespoke support:

Find out more



Mums Matter Breakfasts

We also offer our own bespoke support:

my birth recovery



Find out more



Birth trauma recovery courses



We also offer our own bespoke support:



Find out more



Seasonal retreats





We also offer our own bespoke support:



Find out more



Free Family Fun mornings

Maternal
Journal

Maternal Journal Evening Circle On Zoom

Find out more



“I felt scared, robbed and fearful about the loss of my baby. Thanks to My Birth’s My Baby course, I now feel calmer, clearer and united to the Rainbow Baby I am expecting”
Liz, UK

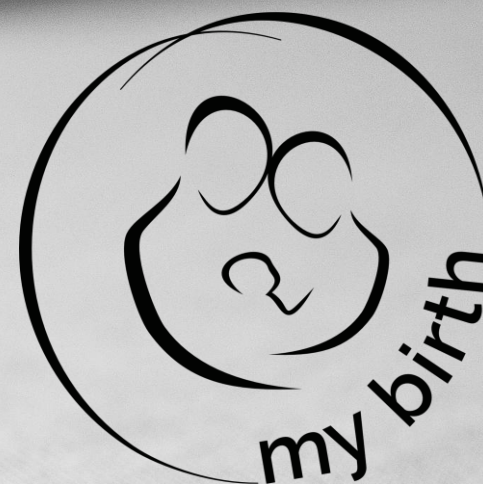


Find out more



After My Birth Podcast

Find out more





My Birth

Find out more



MATERNAL
JOURNAL

Guided Visualisations

"I wasn't sure if I was trying to do this too early after the birth, but...my partner says I'm more grounded, calmer, more in touch with here and now, mindful...(I'm) not needing alcohol as much...getting in touch with my creative side has helped me avoid getting postnatal depression."

Bex, UK

Find out more



Can we help you, your staff and volunteers?

- Offering mental health support?
- Offering training about perinatal mental health?
- Offering retreats, team building or journaling activities?
- Support with starting from scratch as a CIC or in a new location?

Find out more



Can you help us?

- Please tell others about our service – postcards and pens.
- Could we offer joint support to local families?
- Could you help us with our next steps - social prescribing or a contract with the local health trust?
- Could you donate wool for our knitting nanas?

Find out more



Find out more



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