

VOLUNTEER WITH ACACIA

Do you have good listening skills, warmth and empathy?
Can you spare four or more hours weekly near to your home or community?

LEND US A HAND

WOULD YOU LIKE TO HELP CREATE **A PLACE OF HOPE, HEALING AND REASSURANCE** FOR MOTHERS OR FATHERS AFFECTED BY **PRE OR POSTNATAL DEPRESSION?**



**CRECHE
VOLUNTEERS
NEEDED
URGENTLY**

LEND US A HAND VOLUNTEER WITH ACACIA

Acacia Family Support has provided excellent community-based pre and postnatal depression services for mothers and families in East and North Birmingham for the past 10 years.

We have expanded our support services to the South and central areas of the city. Could you support this pioneering work?

At Acacia we have opportunities for you to become a volunteer within our Centres at Kingstanding, Walmley in Sutton Coldfield, Northfield and Saltley.

We provide **free training** to help you work with our service users suffering with pre and postnatal depression.


ROLES INCLUDE...

- One-to-one befriending
- Delivering a weekly group-work cognitive behavioural therapy course
- Helping with our home visiting service
- Crèche work
- Hospitality

ABOUT ACACIA

Acacia Family Support works to improve the lives of mothers and families affected by pre and postnatal depression. Acacia is a warm, friendly, faith-based organisation applying a Christian ethos and values to all its operations.

Acacia Family Support
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 @Acacia_Family

 AcaciaFS

www.acacia.org.uk

GET IN TOUCH

If you are interested and would like to find out more about this invaluable service then we would love to hear from you.

Email volunteering@acacia.org.uk
or download an application pack from
www.acacia.org.uk/volunteering

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