

Menstrual Cycle Support.

Free on social prescription

Ease menstrual suffering



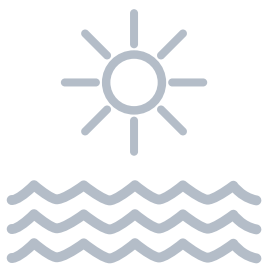
Learn to chart the cycle, understand the cycle and communicate the cycle experience to employers and loved ones



Online support groups (up to 12 people/group), meeting monthly with supporting materials & private social media group. Plus sessions for teens.



Menstrual cycle review, peer support, goal-setting, planning skills & simple self-care tools



Alleviate & mitigate menstrual suffering, reduce any feelings of isolation or hopelessness



Improve menstrual wellbeing

Who is it for?

Anyone suffering with their period and menstrual cycle. For example, those with:

- Period pain
- PMS/PMDD
- Chronic pelvic pain
- Heavy periods
- Irregular periods
- Absent periods
- First periods
- Peri-menopause
- PCOS
- Fibroids
- Endometriosis
- Mood disorders exacerbated by menstrual cycle



Referral

- **Self-referral with name of GP surgery**
- GPs, nurses, occupational therapists & all primary care pros may refer directly or via social prescription link worker/directory



Led by

Kate Shepherd Cohen, in partnership with your surgery's social prescribing link worker.

Complete referral form

www.kateshepherdcohen.com/referrals
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NB:

- This course can be taken before,/during/after hormonal contraception; with anti-depressants & other medication; and, alongside medical investigations.
- This course is not a substitute for professional medical/psychological care.
- Signposting to professional help will be provided.