



Parental Mental Health Team

Keeping Well Post Birth

A 10 week therapeutic early intervention programme for mothers, with infants under 6 months, experiencing or at risk of post natal depression.

Starts

Thursday 11th January 2018

at

**Grove Children and Family Centre
Tower Mill Road, London SE15 6BP**

AIMS

- **To promote awareness of post natal emotional well-being and the impact this has upon parenting and relationships within the family**
- **To discuss a variety of coping strategies including CBT, yoga and staying well plans.**
- **To reduce social isolation through meeting others in similar circumstances and an introduction to children centre services.**

For further information please contact:

Sarah Maris-Shaw 07816 324396 or Sarah Ryan 07815 448408

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