



Parental Mental Health Team

Keeping Well Post Birth Group

Thursdays

Crèche opens 10:00am

Group session 10:30am-12:00pm

Lunch 12:00–1.00pm

11 Jan	Introductions
18 Jan	Signs & symptoms of stress and depression
25 Jan	User Experience
01 Feb	Challenging negative thoughts
08 Feb	Yoga
15 Feb	Half Term (no group)
22 Feb	Feelings about baby
01 Mar	Feelings about motherhood
08 Mar	Coping strategies
15 Mar	Staying well plan
22 Mar	Review and looking forward

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

Buses:

136, 343 on Southampton Way

63, 363 on St. George's Way

Contact:

Sarah Maris-Shaw 07816 324396 or Sarah Ryan 07815 448408

South London and Maudsley 
NHS Foundation Trust

