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 or stress.

Starts
Thursday 20th September 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 challenging negative thought patterns, 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

Email: Parental_Mental_Health_Team_Southwark@slam.nhs.uk
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

20 Sept  Introductions
27 Sept  Signs & symptoms of stress and depression
04 Oct  User Experience
11 Oct  Challenging negative thoughts
18 Oct  Yoga
25 Oct  Half Term (no group)
01 Nov  Feelings about baby
08 Nov  Feelings about motherhood
15 Nov  Coping strategies
22 Nov  Staying well plan
29 Nov  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

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South London and Maudsley NHS Foundation Trust
Aardvark Children’s Centres