



**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 20<sup>th</sup> 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](mailto:Parental_Mental_Health_Team_Southwark@slam.nhs.uk)**

South London and Maudsley   
NHS Foundation Trust



**Sarah Maris-Shaw 07816 324396 or Sarah Ryan 07815 448408**



**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

**Contact:**

**Sarah Maris-Shaw 07816 324396 or Sarah Ryan 07815 448408**