

**Experience the joy of group singing to help alleviate feelings of low mood and anxiety.**

This is a nursery-rhyme-free zone that is about YOU expressing yourself and feeling good through music.

**Breathe Melodies for Mums is evidence-based and can:**

- provide an opportunity for you and your new baby to bond
- be a natural stress-reliever
- help build your confidence
- connect you with other mums in your community

**Join our next FREE 10-week programme for new mums with babies aged 0–9 months in Southwark.**

Hour-long sessions typically take place at local children's centres during term time. [Click here](#) for dates, locations and to register for the next sessions taking place near you.

**Click here  
to find out  
more and to  
register.**

**For enquiries:  
07511 214069**



**BREATHE**  
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