

HEALTHY MINDS THRIVE PROJECT

IT'S HARD BEING
ALONE WITH BABY.
HOW DO I TELL HIM?

I FEEL LIKE I'M DOING
EVERYTHING WRONG
AND NOT SUPPORTING
HER.



**WE KNOW IT'S NOT EASY BEING A PARENT. WE'RE HERE TO HELP!
THE HEALTHY MINDS THRIVE PROJECT AIMS TO SUPPORT PARENTS AND CARERS
ACROSS SOUTHWARK (WITH 0-2 INFANTS) THRIVE IN THEIR PARENTING JOURNEY.**

FIND US AT THE FOLLOWING CHILDREN CENTRES:

- RYE OAK
- CRAWFORD AND DULWICH WOOD
- 1ST PLACE AND VICTORY
- PILGRIM'S WAY

**For more info email:
healthymindsthive@southwark.gov.uk**