



BREATHE
ARTS HEALTH RESEARCH



No singing
experience
needed

Breathe Melodies for Mums

Free weekly group singing sessions for new mothers (and their babies) to boost emotional and mental wellbeing.

[Click here](#)
to find out
more

Join our 10-week programme open to London Borough of Southwark residents with babies aged 0–9 months

   @BreatheAHR
#BreatheMelodiesForMums
breatheahr.org



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 baby to bond
- alleviate feelings of low mood and anxiety
- be a natural stress-reliever
- help build your confidence
- connect you with other mums in your community

When:

Tue 1 October – Tue 3 December 2024

11.45am to 12.45pm or

1.30pm to 2.30pm

Rye Oak Children and Family Centre,
Whorlton Road, Peckham, SE15 3PD

Thu 3 October – Thu 5 December 2024

12pm to 1pm or

1.45pm to 2.45pm

Ellen Brown Children and Family Centre,
145 Grange Road, Spa Park, SE1 3EU

[Click here to register.](#)

For enquiries contact:

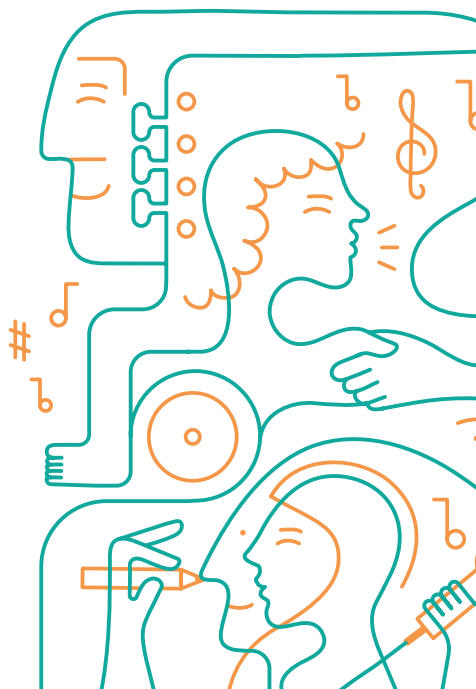
Email:

melodies@breatheahr.org

Phone:

07511 214069

020 3290 2013



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