



BREATHE
ARTS HEALTH RESEARCH

FREE

Are you a new Dad?

Are you experiencing the highs and lows of fatherhood, but finding it hard to access the right support network?





Join our free group music-making sessions to boost mental wellbeing, bond with your baby and meet new dads in your local area.

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

[Click here to find out more](#)

For new dads living in the London Borough of Southwark with babies aged 0–12 months.

   @BreatheAHR
breatheahr.org


Southwark Council
southwark.gov.uk


Southwark Family Hubs


Funded by
UK Government

Breathe Melodies for Dads is designed to:

- Provide a bonding opportunity for you and your baby
- Be a natural stress-reliever
- Help build your confidence
- Connect you with other dads in your community

Where:

All sessions are based in Southwark, for Dads living in Southwark.

[Click here](#) to register now or visit breatheahr.org for more information.

For enquiries contact:

Email: melodies@breatheahr.org

Phone: 07511 214069 or 020 3290 2013

Each session is standalone.

You are welcome to attend one or more sessions.

No previous musical experience needed!



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