COPING WITH SLEEP AS A NEW PARENT/CARER WORKSHOP

FOR ALL PARENTS & CARERS WITH BABIES 0-6 MONTHS

BY THE HEALTHY MINDS THRIVE TEAM

Sleep is often a big stressor for many parents and carers. It's completely normal for babies not to sleep through the night, but it doesn't mean it isn't hard.

Whilst we can't magically make your baby sleep, this workshop can help you with:

- Thinking about your wellbeing when sleep is difficult
- Normalising your experiences and helping you feel less isolated
- Tips and tricks that might support your wellbeing e.g. relaxation and grounding tools

WHEN & WHERE

Tuesday 25th August 1.30pm-3.30pm at Crawford Children and Family Centre (5 Crawford Rd, London SE5 9NF)

Friday 23rd October 2:30pm – 4:30pm at 1st Place Children and Family Centre (12 Chumleigh St, London SE5 0RN)

Alternatively to sign up you can email:
healthymindsthrive@southwark.gov.uk
or text/phone: 07592 510201

SCAN HERE TO SIGN UP

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