



Young Mums

Free Wellbeing Groups for new mums (16-22yrs)

Join our **free 5 week programme** and connect with other young mums with similar experiences and choices. These sessions are chilled and baby-friendly.

Covering

- What it's really like being a young mum today
- Managing stress and tiredness
- Building confidence
- Calming tips and coping techniques for when we're really frazzled.

Available to mums of babies 0-12 months.

Upcoming group

Thursdays 1pm - 2.30pm
11 January - 8 February 2024

Manor House Library,
Lewisham, SE13 5SY

Book your place

Booking is essential due to limited spaces.

Please scan the QR code or visit our website:

blgmind.org.uk/mindful-mums



Contact us: mindfulmums@blgmind.org.uk