

# Breathe Melodies for Mums is coming to Tower Hamlets!



Are you a new mother of a baby aged 0-12 months?  
Are you experiencing feeling of low mood and anxiety?  
Are you looking to improve emotional and mental wellbeing?

Scan to  
sign-up



Sign up to a group singing taster session here or a 6-week programme overleaf.

## Dates & Times:

**Monday 8th August – 13:30-14:30**

Collingwood Children & Family Centre

**Monday 15th August – 13:30-14:30**

Collingwood Children & Family Centre

**Thursday 18th August – 13:30-14:30**

The Brady Arts & Community Centre

Collingwood Children &  
Family Centre, Buckhurst  
St, London, E1 5QT

Brady Arts & Community  
Centre, 192-196, Hanbury  
St, London E1 5HU

## Contact Us

Email [m4m@breatheahr.org](mailto:m4m@breatheahr.org)

Phone 07511 214069 / 020 3290 2013

[breatheahr.org/melodies-for-mums/](http://breatheahr.org/melodies-for-mums/)

@BreatheAHR   



**BREATHE**  
ARTS HEALTH RESEARCH



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# Breathe Melodies for Mums

Experience the joy of group singing and music-making to help alleviate feelings of low mood and anxiety. Join our FREE 6-week in-person programme for new mothers in Tower Hamlets looking to boost connection and improve emotional and mental wellbeing.

Sign up for a 6-week programme here or a taster overleaf.

**6 week programme starting on:  
Monday 5th September 2022  
13.30 - 14.30**

Collingwood Children & Family  
Centre, Buckhurst St, London,  
E1 5QT (Nearest station Bethnal  
Green or Whitechapel. Bus

## Breathe Melodies for Mums Programme:

- Build confidence
- Relieve stress
- Bond with your baby through song
- No previous experience required



@BreatheAHR

Scan to  
sign-up  
here



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