



FREE singing sessions for mothers and babies in Bethnal Green

Experience the joy of group singing and music-making to help alleviate feelings of low mood and anxiety with Breathe Melodies for Mums. Join our FREE 10-week in-person programme for new mothers with babies aged 0-9 months in FREE singing sessions for mothers and babies in Tower Hamlets and neighbouring boroughs.



Breathe Melodies for Mums group singing programme can:

- Provide a natural opportunity for you and your new baby to bond
- Be a natural stress-reliever
- Help build your confidence

10-week programmes starting on:

Monday 4th September 2023
12:30-13:30 and 14:00-15:00

**Collingwood Children & Family
Centre Buckhurst St, London, E1
5QT** (Nearest station Bethnal Green
or Whitechapel. Bus routes 106 & 254)

How to sign up

Email: m4m@breatheahr.org

Phone: 07511 214069 /
020 3290 2013

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



Share your experience with us:

   @BreatheAHR

#BreatheMelodiesforMums

