

# FREE singing sessions for mothers and babies in south London

Experience the joy of singing and music-making to help alleviate feelings of low mood and anxiety. Join our 10-week in-person **Breathe Melodies for Mums** programme for new mothers.



All women that join this exciting research study with King's College London will take part in Breathe Melodies for Mums. Some will be offered other mother and baby groups as part of the research, before joining the full 10-week singing programme.

## This 10-week programme of group singing can:

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

## How to sign up

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

Phone: 07511 214069 /  
020 3290 2013

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



## 10-week programmes starting on:

**Tue 19 Sept 2023, 10.30–11.30am**

**Streatham – Sunnyhill Children's Centre**

Sunnyhill Road, Streatham, London SW16 2UW

**Tue 19 Sept 2023**




**1.30–2.30pm & 3.30–4.30pm**

**Peckham – Pilgrim's Way  
Children's Centre**

Tustin Estate, Peckham,  
London SE15 1EF



Share your experience with us:

   @BreatheAHR  
#BreatheMelodiesforMums