

CALLING ALL NEW MUMS

Are you a mum of a baby aged 0-24 months?

Have you experienced low mood or symptoms of post-natal depression?

Interested to try mindfulness & creative therapy?



Creative Relaxation Day

Thursday 21st September 2017, London



The Wellcome Trust are looking for London based mums who are dealing with perinatal mental health issues to join us for a day of creative therapies to see if they help relieve symptoms and restore calm and wellbeing.

This workshop will be filmed and screened online for *BBC Tomorrow's World*

Places must be booked in advance. Childcare available

As a filmed session you must give permission to be filmed on the day and for the session to be included on BBC's Tomorrow's World online. This will be used to highlight the effect of creative arts and mindfulness on postnatal depression. Your information will be kept confidential. All participants must be aged 18 years or over and be UK residents.



For updates follow us @sewmindful

For more information and to register , please contact

Tamara, MCoE, on 07957 107082

Or **Rosie** at Cocoon Family Support at rosie@cocoonfamilysupport.org

The Wellcome Trust is a global charitable foundation which exists to improve health for everyone by helping great ideas thrive

Cocoon Family Support is a charity that supports those affected by perinatal mental health conditions.

The Mindfulness Centre of Excellence (MCoE) is an organisation dedicated to enabling and nurturing the next wave of mindfulness



Registered charity:
210183



Registered charity:
1158994

**Mindfulness
Centre of
Excellence**

