

# 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 21<sup>st</sup> September 2017, London

 [@sewmindful](https://twitter.com/sewmindful)



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.*

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



LOTTERY FUNDED

For more information and to register  
please contact Tamara, MCoE, on  
07957 107082  
Or Cocoon Family Support at  
[rosie@cocoonfamilysupport.org](mailto:rosie@cocoonfamilysupport.org)

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