

Raising Happy Babies

FREE 6 WEEK PSYCHOLOGY COURSE

This course will help you to:

Learn about your baby's emotional development/bonding

Look after yourself as a new mother

Adjust to the transition to life with your baby

“It was a great, safe atmosphere to open up and share my feelings”



“It was useful to hear others vocalise the same worries I had which normalised my feelings”

Please self refer on:

<https://towerhamletstalkingtherapies.nhs.uk/get-started/>

To register for this group you must be a resident or have a GP in Tower Hamlets, be a first time mother and have a baby under 6 months