

It's good to talk

**Just had
your baby?**

**We are here to
listen and offer
support**

Postnatal Support Sessions

Do you ask yourself:

- Is it colic, reflux or normal crying?
- I feed them to sleep, is that ok?
- Should I feel like this?
- Am I doing enough?

Let's
TALK

Come along to one of our sessions

Led by an experienced professional, our welcoming groups offer:

- Support and discussion around infant care, including sleep and feeding
- Space to focus on your mood and wellbeing
- Opportunity to meet with other local parents with babies of a similar age

Ask questions, share experiences, and feel supported.

**Plus FREE
Baby Bank &
Lunch**

at each session

Who can use these groups?

- People who have had a baby in the last 3-6 months and their partners
- Living in the London borough of Harrow who is registered with one of the below GPs:

Sphere PCN - Elliott Hall Medical Centre, GP Direct, Hatch End Medical Centre, St. Peter's Medical Centre, Streatfield Health Centre and The Northwick Surgery

Collaborative PCN - First Choice Medical Care, Headstone Lane Medical Centre, Headstone Road Surgery, Kenton Clinic, Kings Road Surgery, Pinner Road Surgery, Pinner View Medical Centre, Shaftesbury Medical Centre and Zain Medical Centres HA8 0AD and HA1 1RQ.

Any questions call 07394 503 269



Every Monday

Just drop in, no need to book



12:30pm-2:30pm



**Christ Church Roxeth,
Roxeth Hill, South Harrow
HA2 0JN**

Space to store buggies outside.

Delivered by

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HARROW



Championing Health & Wellbeing