



Flourish

A group that holds your hand

Is being a mum not quite what you thought it would be?

In your eyes, does everyone else seem like a perfect mum?

Are your feelings about child birth, feeding or soothing your baby sad and not getting any happier?

Are you thinking a lot about things in your own childhood that you thought you had forgotten?

Flourish is a safe place where you can talk about how you feel and learn to have more fun with your baby/ young toddler.

There is a Flourish group in each of the North, Central, South West and South East Neighbourhoods.

To find out more:

Please email familysupport@tlpcc.co.uk
or call 020 8527 1737