

Are you a first-time mum  
with a baby under 6 months?

# RAISING HAPPY BABIES

**Free** 6-Week Psychology Course

*"It was useful to hear others vocalise the same worries I had which normalised my feelings."*

*"It was great! Safe atmosphere to open up and share my feelings."*



## This course will help you to:

- Learn about your baby's emotional bonding
- Look after yourself as a new mother
- Adjust to the transition to life with your baby

Take the first step and contact  
us today: 0208 175 1770

<https://www.elft.nhs.uk/tower-hamlets-talking-therapies>

Tower Hamlets Talking Therapies  
71 Johnson Street, London, E1 0AQ

Sign up to Talking Therapies now and mention the "Raising Happy Babies" group in your assessment.

SCAN ME

