

## ~ Maternal Mental Health Week 2018 ~

To celebrate Maternal Mental Health Awareness Week, Cocoon Family Support will be holding a week of events across London. Please come and join us!

- **Monday 30<sup>th</sup> April: Walking Group – Golders Hill Park, 10.30am**  
*Golders Hill Park North End Way, NW3 7HE*

Join us for a leisurely walk around the beautiful Golders Hill Park. Meet outside the café at 10.30am. If it is raining, the walk will become tea and cake in the café! No need to book.

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- **Tuesday 1<sup>st</sup> May: Drama Therapy – Somers Town Community Centre, 11am – 12.15pm**  
*Somers Town Community Association, 150 Ossulston Street London NW1 1EE*

Join Kathy, our Drama Therapist, for an hour of drama therapy – a lovely way to express emotions within a safe and supportive environment. *Priority given to Camden residents*  
A limited number of childcare places are available. Booking is essential.

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- **Wed 2<sup>nd</sup> May: SewMindful Exhibition –Guys Hospital, 11am-1pm**

*Atrium 1, Southwark Wing, (The Shard entrance), Guys Hospital, London SE1 9RT*

Come and see the work of the SewMindful project including the group's final piece, the Cocoon Quilt. Come and find out more about Cocoon and try your hand at some sewing. Stay afterward to enjoy a performance from the FB Pocket Orchestra as part of the wonderful Breathe Arts Health Research programme of creative arts.

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- **Thurs 3<sup>rd</sup> May – Mindfulness Day – Clean Break Theatre, Kentish Town**

*Clean Break, 2 Patshull Road, London, NW5 2LB*

Join us for a day learning about mindfulness and how to pause in your busy lives. Led by the amazing Dr Tamara Russell you will learn about how mindfulness can help to manage mental health issues. *Priority given to Camden residents.*  
A limited number of childcare places are available. Booking is essential

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- **Friday 4<sup>th</sup> May – Art Therapy –Stay and Play, Vauxhall Park, 10am-12pm**

*St Stephens Children's Centre Stay and Play, Fentiman Road entrance, Vauxhall Park, SW8 1LD*  
A lovely art activity for parent and child to work together to produce something beautiful. Led by the wonderful Roz Taylor, an art therapist and mother of three. Booking is advised.

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Places and childcare can be booked via email  
at [rosie@cocoonfamilysupport.org](mailto:rosie@cocoonfamilysupport.org) or by calling 07500 427122