

TalkPlus working in partnership with Barnado's and Farnham Primary Care Network


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TalkPlus

NHS Talking Therapies
for Anxiety and Depression

TalkPlus

# Baby & Me



farnham PCN
farnham primary care network

BARNARDO'S

## What is Baby and Me?

It is an 8 week course that explores thoughts and feelings around anxiety, low mood and wellbeing and feeling alone in a safe environment, allowing space to have special time with your baby.

Refreshments available.

For you to get the best out of the group, we ask that you commit to the full 8 weeks.

If you feel this is for you, please speak to your health visitor.

## Who is this course for?

New mums registered with a Farnham GP

## Where is the course taking place?

This is an in-person course taking place at Hale Family Centre, Upper Hale Road, Farnham GU9 0LR.

## Can I bring my baby?

Yes

## How do I book a place?

Speak to your health visitor or self-refer (mentioning baby & me course) through our website www.talkplus.org.uk or by calling TalkPlus on 01252 533 355



## What happens in a session?

There are 8 sessions which include a range of activities and techniques to help you manage your mental health whilst involving your baby.

## Timetable: 1pm - 2:30pm

24/02/2025 | Week 1: Meet & greet with facilitators, informal chat about the course. Feel free to bring a friend/ parent/ family member to support you in week 1.

03/03/2025 | Week 2: Welcome session and getting to know each other

10/03/2025 | Week 3: What makes me feel this way

17/03/2025 | Week 4: How relationships change

24/03/2025 | Week 5:Keeping myself well

31/03/2025 | Week 6: Me and my baby's wellness toolbox and mindfulness

07/04/2025 | Week 7: Setting my goals

14/04/2025 | Week 8: Course completion celebration



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**Sign up by visiting talkplus.org.uk/our-therapies/courses/**

**or scan the QR code below**

SCAN ME

***"Baby and me, is a group that helped me a lot with my post natal anxieties, I got to meet some lovely friendly people that were in the same situation as me. I would 100% recommend this group to all mums, it's great for just chatting about your week as-well as learning different techniques to help you along the way. The centre is also great and is very relaxed with tea and biscuits and somewhere for your babies to play with lots of toys around the room. If I could attend the group again I would"***

client testimonial, 2024