

Maternal Mental Health Week Perinatal Roadshow



	Tuesday 6 May	Wednesday 7 May	Thursday 8 May	Friday 9 May
	Ocean Children & Family Centre, Whitehorse Road, E1 0ND	Isle of Dogs Family Hub Millwall Park, E14 3BX	Meath Gardens Family Hub, 1 Smart Street, E2 0SN	Overland Family Hub 60 Parnell Road, E3 2RU
10:10 – 10:30am	How to Elevate Your Voice in a Maternity system	How to Elevate Your Voice in a Maternity system	How to Elevate Your Voice in a Maternity system	How to Elevate Your Voice in a Maternity system
10:30 – 11:00am	Mindfulness Session	Medications	Empowerment & Having a Voice (talk/workshop)	Medications
11:15 – 11:45am	<ul style="list-style-type: none"> Tower Hamlets Talking Therapies well being Referrals Drop-in 	Empowerment & Having a Voice (talk/workshop)	Mindfulness	Mindfulness
12:00 – 12:30pm	Empowerment & Having a Voice (talk/workshop)	Bonding and Attachment	Baby Yoga	Empowerment & Having a Voice (talk/workshop)
1:00 – 1:30pm	Bonding and Attachment	Baby Yoga	<ul style="list-style-type: none"> Tower Hamlets Talking Therapies well being Referrals Drop-in 	Bonding & Attachment
1:45 – 2:15pm	Medications	<ul style="list-style-type: none"> Talking Therapies Referrals Drop-in 	Medications	<ul style="list-style-type: none"> Tower Hamlets Talking Therapies well being Referrals Drop-in
2:30 – 3:00pm	Peer Support Talk	Mindfulness Session	Bonding & Attachment	Peer Support Talk