



**BREATHE**  
ARTS HEALTH RESEARCH



No singing  
experience  
needed

# Breathe Melodies for Mums

Free weekly group singing sessions for new mothers (and their babies) to boost emotional and mental wellbeing.

Join our 10-week online programme for new mums with babies aged 0–12 months

[Click here](#)  
to find out  
more

   @BreatheAHR  
#BreatheMelodiesForMums

[breatheahr.org](https://breatheahr.org)

## Experience the joy of group singing to help alleviate feelings of low mood and anxiety.

This is a nursery-rhyme-free zone that is about YOU expressing yourself and feeling good through music.

### Breathe Melodies for Mums is evidence-based and can:

- provide an opportunity for you and your baby to bond
- alleviate feelings of low mood and anxiety
- be a natural stress-reliever
- help build your confidence
- connect you with other mums through shared experience

### 10 weekly online sessions throughout spring 2025:

**Thu 30 January to Thu 3 April 2025**

10am to 11am and

11.15am to 12.15pm

**On Zoom** (details to be provided after registration)

[Click here to register.](#)

**For enquiries contact:**

Email:

[melodies@breatheahr.org](mailto:melodies@breatheahr.org)

Phone:

07511 214069

020 3290 2013



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