



**BREATHE**  
ARTS HEALTH RESEARCH

FREE

# Hello New Dads!



Looking for a fun way to bond with your little one?

**Free 8-week music-making group  
just for dads and babies**

**Breathe Melodies for Dads** is a friendly, no-pressure environment where you can sing, laugh, and connect (no experience needed!)

Have fun, make memories, and enjoy quality time with your baby while meeting other dads who are in the same boat.

**For dads living in Southwark with  
babies aged 0 - 12 months**



# Breathe Melodies for Dads is designed to:

- Be a space just for dads
- Boost your wellbeing
- Support your mental health
- Build your confidence
- Help you bond with your baby
- Connect you with other dads

## When:

Saturdays (10 - 11am)  
Feb 15th - April 5th 2025

## Where:

Ann Bernardt Children & Family Centre, 29 Chandler Way, SE15 6DT

**Please register online before attending**



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

**[Click here to register](#)**

**For enquiries contact:**

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