

# MUSIC FOR ME



Music for Me is a free music project for mums. You can come on your own or with your baby/babies. Music is a great way to relax, connect with others and have fun. Come along to a safe space where you can express yourself creatively! No previous musical experience necessary!

## DATES & TIMES:

Fridays 10am-12noon

Sessions: 23rd Jan - 20th March  
(no session 20th Feb)

## VENUE:

Ashcroft Perinatal Unit,  
The Moorings, Birmingham  
B18 5SD

## HOW TO BOOK:

Please speak to your health professional if you'd like to come!  
A free bus pass is available!



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## WHO IS IT FOR?

Music for Me is an intervention for parents experiencing perinatal depression.

## WHAT TO EXPECT:

Sessions are very relaxed and calming. Part of the sessions focus on bonding with your baby through music. We also focus on wellbeing for you, covering relaxation exercises, meeting other parents to share experiences and discussing topics around self care and motherhood in a nurturing, supportive and understanding environment.

