



# FREE ONLINE New Parent Wellbeing Group

The new parent wellbeing group consists of **cognitive behavioural therapy** focused information to support and guide you through the challenges you may face as a new parent. You will learn new skills to enhance your wellbeing and build upon your resilience as you embark on this journey of life.

This course is catered towards new parents who have children under the age of 2.

- Six session class lasting for 90 minutes with an introductory session
- Running every 8 weeks
- Aims to teach new coping strategies and skills for new parents
- Associated booklets available to reinforce what has been taught

Scan here to  
visit our website



**Available to people who live, work and study in  
Blackpool, Lancashire or South Cumbria**

A 30 min Introduction session on Monday 5<sup>th</sup> August at 10.30am,  
followed by a 6-week online course, 90-minutes per session from 10:30am-12pm.  
Dates: August 12<sup>th</sup>, 19<sup>th</sup>, September 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup>.  
*A personalized link will be emailed to you, with recording accessible for 72 hours.*

Book in your pre-course assessment, call: **01253 955700** (Monday–Friday 9am–5pm)  
or email: **bfwh.talkingtherapies@nhs.net**

**[www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies](http://www.blackpoolteachinghospitals.nhs.uk/services/talking-therapies)**

 **Blackpool Talking Therapies**

**Blackpool Talking Therapies** is not able to provide reports for compensation, legal or benefits claims or prescribe medication. We do not offer 24-hour or weekend access, crisis or emergency treatment, treatment for alcohol or drug problems or treatment for severe and enduring mental illness.  
**Please discuss these needs with your GP.**



**for anxiety and depression**

Service provided by Blackpool Teaching Hospitals NHS Foundation Trust