

Why do I feel like this?
Who is this new person with me?
What happened to my partner?
How can I make sense of this chaos?
What the actual **?!!**

Being Dad is a free group for dads of children under 2 to help you cope with the challenges of fatherhood.

We can help you answer most of those questions. We'll also shout you a coffee (for when the other question comes up).

Sign Up at beingdad@blgmind.org.uk or go to: blgmind.org.uk/lewisham-mental-health/being-dad/ for more details.

Saturday Group:

Time: 10am - 11am

Dates: 12th Nov - 3rd Dec (4 weeks)

Location: Quaggy Children's Centre, Orchard Hill, Lewisham, SE13 7QZ

(priority spaces for Lewisham residents, but open to men from Greenwich and Bromley too)

Tuesday Group:

Time: 8pm - 9pm

Dates: 8th Nov - 6th Dec

Location: Online via Zoom

