



Being Dad

Support for new parents in Lewisham

Life with small kids isn't easy.

Being Dad are free groups for dads of children under 2 to help you cope with the challenges of fatherhood.

This will be a chance to get to know other dads in a relaxed environment. You'll be amongst friends and peers who understand. The group is run by local dads Nev, Matt and Andy.

Contact Nev Walters

T: 07707 274391

E: beingdad@blgmind.org.uk

W: <https://blgmind.org.uk/lewisham-mental-health/being-dad/>

Saturday Group:

Time: 10am - 11am

Dates: 21st Jan - 11th Feb (4 weeks)

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

Tuesday Group:

Time: 8pm - 9pm

Dates: 17th Jan - 7th Feb (4 weeks)

Location: Online via Zoom

Groups are open to Lewisham residents only who are dads and male caregivers during pregnancy and babies up to 2 years old.