

MANAGING FATHERHOOD GROUP

This Cognitive Behavioural Therapy (CBT) group is specifically designed for expectant fathers or fathers with children under 5 seeking support in managing stress, worry and anxiety during the challenging transition to parenthood.

What to expect:

1 Stress Management Techniques

2 Problem Solving Skills

3 Peer Support

4 Confidential Space

5 Facilitated by Professionals

6 6 sessions

This group is open to those who live, work or have a GP in Westminster. Complete our [self-referral](#) form by scanning the QR code and state that you are interested in joining our Managing Fatherhood group.

*The group will not take place on Monday 26th of August due to the Bank Holiday.

NHS

Westminster
Talking Therapies



Online



Mondays beginning
5th August*



5.30pm

Scan me



for anxiety and depression

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www.talkingtherapies.cnwl.nhs.uk/westminster