



Help for women,
hope for everyone.

Mellow Parenting

At Oasis Project

What Mellow can offer you

- Help with the challenges of parenting
- New ways to bond and play with your child
- Access to a free creche
- Tea, coffee and breakfast
- Small, women-only groups
- Support from other mums going through similar things



How Mellow works

- Mellow Parenting is a 14-week programme
- It runs for 2 hours on a Tuesday morning
- Week 1-8 you will meet with other mums at Oasis for **Mellow Group** while your child is looked after in the creche.
- Week 9-14 you will meet at the Oasis Creche for **Mellow Boppers** where you'll play and learn together with your child as well as other mums and their children

Mellow Group

Oasis Project, 11 Richmond Place,
Brighton BN2 9NA

Mellow Boppers

Oasis Creche, 3 Globe House,
Morley Street, Brighton BN2 9RA

Is Mellow for you?

- Are you a mum of a baby, toddler or child between 0 and 5 years of age?
- Have you had problems in the past with drugs and/or alcohol?
- Would you like to learn new ways to bond with your child?
- Would you like support with the challenges of parenting?



What do other mums say?

Since attending Mellow...

"I am kinder, more patient, more sociable, more relaxed and more present"

"I appreciate my child more and enjoy my child more"

"I feel more confident I am doing a good job"

"I feel supported, connected... more stable"

Contact us today



Call Ceri on

07712 528487



Email Ceri at

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You can contact Ceri directly or ask your social worker or keyworker to refer you.

www.oasisproject.org.uk/mellow-parenting

