

Carer Wellbeing Workshops

Carers Drop In
29th July
2pm to 3:30pm

Anxiety Management
11th August
10am to 12pm
2nd September
1pm to 3pm

Declutter Your Mind
17th September
5:30pm to 7:30pm

Caring and Coping with Stress
26th August
10:30am to 12pm
11th September
2pm to 3:30pm
5th October
10:30am to 12pm

Stress Management
24th September
5:30pm to 7:30pm

Join us online via Zoom
Technical support is available
Call us on 01652 650585
To book your place