

The *Carers* Toolkit...

... is a free programme for carers who look after a family member, friend or neighbour and aims to provide them with the information they need most.

6 Week Mindfulness Course

This course aims to help carers to find new techniques to cope with their emotions, handle stress and anxiety and have a better mental wellbeing and help to prevent or manage signs of depression.

Cliffe Hall, Cliffe High Street, Lewes.

24th February 10.30 – 12.30

3rd March 10.30 – 12.30

10th March 10.30 – 12.30

17th March 10.30 – 12.30

24th March 10.30 – 12.30

31st March 10.30 – 12.30

Call Care for the Carers

On 01323 738390 or

Email carerstoolkit@cftc.org.uk

