

The *Carers* Toolkit...

FREE 6 WEEK COURSE

Wellness Recovery Action Planning WRAP for Carers

Do you look after someone
who couldn't manage without your
help?

- Do you ever feel overwhelmed by your responsibilities?
- Would you like to meet with other carers to share experiences in a safe, supportive environment?
- Join us to explore options and choices for your own wellbeing

A six-week WRAP course offers the opportunity to explore safe and simple tools you can use to maintain your wellbeing and support you when you are facing challenges.

The course is for up to 10 participants and is free of charge.

*** Booking is essential***

Start date: Monday, 24 April 2017

Time: 10:30am to 1:00pm

Venue: Heathfield Community Health Centre, Sheepsetting Lane, Cross-in-Hand, Heathfield, East Sussex TN21 0XG

To book a place contact Care for the Carers

on 01323 738390 or email carerstoolkit@cftc.org.uk

