



CARING FOR CARERS

A NEW FREE WORKSHOP FOR CARERS

Provided by the **NHS Wellbeing Service**

ARE YOU STRESSED, FED UP, EXHAUSTED, OR WORRIED ALL THE TIME?

Date: 28th November 2018

Time: 5.30pm-7.00pm

Venue: Colne House, 21 Upton Road,
Watford, WD18 0JP

This engaging workshop will acknowledge the unique difficulties you are experiencing and introduce you to a range of self-care tips, tools and strategies based on proven psychological techniques.

No need to book.
Registration on the night.

Attendees must be 16+ years.