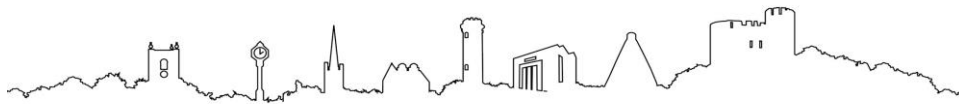




CARING FOR ME & YOU

A course specifically for adults who care for people with long term health conditions or a disability. It supports you to make time to look after your own health needs and it identifies ways to cope with caring responsibilities such as challenging behaviours, triggers, and getting help with your caring situation. It also helps develop confidence to take more control of your life and is an opportunity to meet others who share and support similar experiences.



Working as One Council in
the historic capital of the Black Country



Meet and talk to other
carers

Make time to look
after your own health
needs

Support one another

FREE 6 week Course
2.5 hours each week

For more information
or to book your place
phone 01384 816437

BRETT YOUNG DAY CENTRE

Old Hawne Lane
Halesowen
B63 3TB

Starting
Wednesday 6th October 2021
To
Wednesday 10th November 2021
10:00am-12:30pm