

Do you look after someone?

Caring with Confidence can help you to help them

Finding your way

Introduces Caring with Confidence, helps you build on your strengths and introduces you to our different sessions.

21st October 08
or
27th October 08

You can then choose to come along to one or more of the following sessions:



Caring and coping 4th November 08

Time and space to look at emotions involved in caring and strategies to cope more effectively with stress.



Caring day-to-day 2nd December 08

The essentials of looking after someone day-to-day, from medication to emergencies at home.



Caring and me 11th November 08

How to be fit for life and caring. Discussion and planning around your health and wellbeing.



Caring and life 9th December 08

Take time out to think about how you balance caring with other demands.



Caring and communicating 18th November 08

Uses real-life caring situations to help you get the best from communicating with other people.



Caring and resources 25th November 08

Maximise your income and access other resources which save you money as a carer.

Free local sessions in Washington

All sessions 10am - 1pm

Refreshments provided

To find out more and sign up, contact:

Sunderland Carers Centre

Tel: 0191 567 3232

Email: reception@sunderlandcarers.co.uk

