



A safe space for people to learn new skills, expand on existing ones, and attend **FREE COURSES** developed to support mental health recovery...

Self Care for Carers

Workshop dates

4 April 2024

**Braintree Livewell Hub, Saunders House,
Manor Street, Braintree CM7 3YL
1:30 - 3:00pm**

8 April 2024

**Microsoft Teams
6:30 - 8:00pm**

This workshop is for anyone that is in a caring role and would like to learn tools and strategies to support them in their own wellbeing. It will provide strategies and tools for students to manage their own self-care whilst caring for others and exploring ways to improve their physical and mental wellbeing.

At the end of the workshop students will be able to

- identify what self-care means to them and to identify how much self-care they are currently have in their day
- explore what the barriers are in practising self-care and find solutions
- understand the importance of looking after themselves and what the negative impact can be if this is neglected
- share current self-care practices and explore new activities that could promote positive wellbeing.
- have a take-away of up to 3 new self-care techniques or practices.



To book on this course

For more information or to book a place on either session please contact the college on the details below;

provide.midessexrc@nhs.net

07751 571431

Scan the QR code below to be taken to our Eventbrite page



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