

FULLY FUNDED CARER INFORMATION & SUPPORT SESSION

POSITIVE STEPS TO WELLBEING COURSE

ONLINE

If you need any help with transport, covering care, or any other issue to enable you to attend these Information and Support sessions, please contact us and we will do all we can to help.



Come and join our 4-week course centered on improving wellbeing.

The course offers various activities and skills to boost strength, acquire new skills, and connect with other Carers.

RSVP if you can attend **all 4 dates**
Fridays 10:30 - 12:30

or **Scan me!**

BOOK HERE!

8 November
15 November
22 November
29 November



or email: hello@integratedcaresupport.com

