

Carers Wellness Sessions

Are you supporting a family member or friend with a long-term health condition?

Join our FREE Carers Wellness sessions

Building resilience session includes:

- Exploring emotions
- Learning about acceptance
- Managing worry
- Recognising to be 'kind to yourself'

Caring for someone with memory deterioration sessions include:

- Behaviours associated with memory problems
- Accepting the changes in the person you care for
- Understanding emotions of the person you care for
- Managing your emotions
- Simple tips and practical ways of coping

Session details

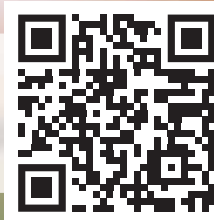
Wednesday 15th May 2024
6:00pm-8:00pm (Evening Session)
Brian Jackson House,
Huddersfield.

Tuesday 25th June 2024
10:30am-12:30pm
Dewsbury Fire Station

Wednesday 22nd May 2024
1:00pm-3:00pm
Dewsbury Fire Station

Tuesday 11th June 2024
1:00pm-3:00pm
Huddersfield Fire Station

For further information and to book your place on a session please contact the Wellness Service.



Wellness: it starts with you



t: **01484 234095**
e: wellness.service@kirklees.gov.uk
www.kirkleeswellnessservice.co.uk