

# Wellbeing Planning For Carers

These workshops work with carers to identify and articulate their needs.

We explore prevention and wellness techniques that everyone can use to monitor their wellness and cope with challenges.

We look at creating a daily maintenance plan and investigate how we cope with difficult situations. We will also create a wellness toolbox which participants can use in their daily lives.

Thursday 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> & 23<sup>rd</sup> Nov  
2:00 pm - 3:30pm  
4 sessions, online

Enrol with us, free to join

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