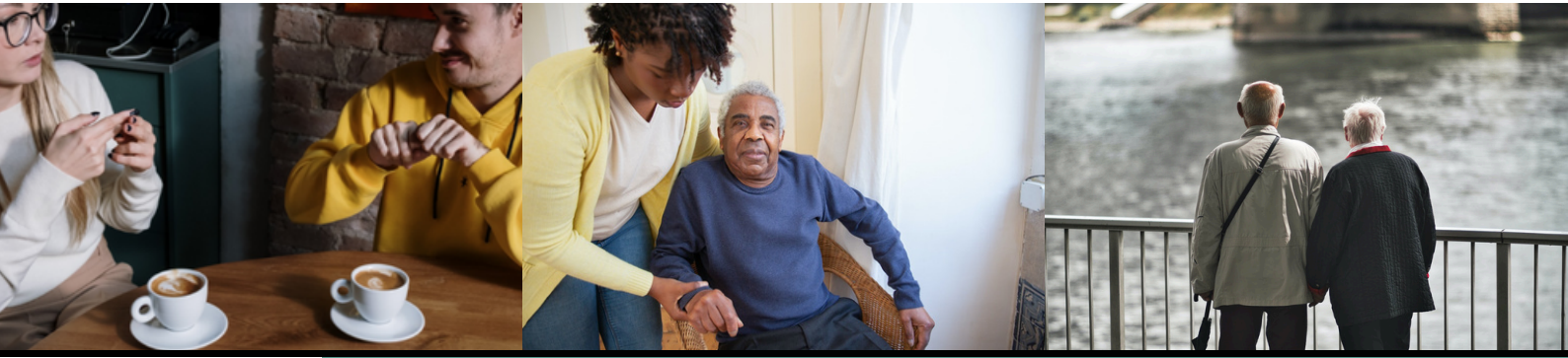


Are you someone who has caring responsibilities?



Centre for Psychology

Experience vital respite in Centre for Psychology's free CBT-based Stress Management course, in collaboration with Action for Carers. Learn effective techniques to manage stress, enhance emotional well-being and better cope with caregiving role demands.

**Exclusively for Registered Carers at
Action for Carers**



When: 13th August, 10:30am - 12:30pm

Where: St Mary's Church, Chart Line, Reigate, RH2 7RN

Duration: 6 weeks

Refreshments will be provided

COURSE AIMS

- Explore the factors associated with stress and caring needs
- Learn practical strategies to balance your daily activities
- Build confidence in assertiveness and expressing your needs
- Manage unhelpful thoughts associated with stress and worry
- Gain an understanding of self-care and relaxation techniques

CONTACT ACTION FOR CARERS BY 18TH JULY*



0303 040 1234, option 1



CSAdmin@actionforcarers.org.uk



<https://www.actionforcarers.org.uk>

****Initial telephone consultation with Centre for Psychology required to confirm group place***