

Are you a Parent Carer?



*Exclusively for
Registered Carers at
Action for Carers*



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.

Date: Tuesday 16th September 2025

Time: 10:30am - 12:30pm

Location: Online

Duration: 6 weeks

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
22ND AUGUST***



0303 040 1234, option 1



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

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