



## Carers Toolbox

**A free 5 week social support group with a focus on you & your own wellbeing!**



**As a carer, you may, at various times, experience feelings of exhaustion, low mood, frustration & anxiety... Would you like a little time & focus for yourself? Would sharing feelings & exchanging support with others in a similar situation help?**

This group, facilitated by a Mind health worker, will give a space for information & peer support. We'll explore emotional wellbeing & the ways to increase this, encouraging support of each other through telling our stories, listening to others and offering ideas.

**Most importantly, we will do all this over tea, coffee & cake.....**

**The carers toolbox attempts to create a balance with a focus on yourself & your experiences. Whether you are new to caring or have been in the role for some time, this five week programme will focus on the importance – and the challenge - of putting yourself back in the picture.**



### **WINTER GROUP 2016**

Starts **12<sup>th</sup> January** for 5 sessions  
Tuesdays 10am – 12noon

### **SPRING GROUP 2016**

Starts **29<sup>th</sup> February** for 5 sessions  
Mondays 1pm – 3pm

**Venue: Sheffield Carer's Centre, City Centre**

**To book on to this course or for more information, please contact:**

**The Sheffield Mind office on: 0114 258 4489 (extension 119)**

**Or email: [mindandbody@sheffieldmind.co.uk](mailto:mindandbody@sheffieldmind.co.uk)**

***Please contact us as soon as possible if you would like to attend***