

Kirklees Wellness Service

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

Join our free online 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 includes:

- > 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

Building Resilience Sessions

Thursday 10th June 1-2:30pm

Thursday 19th August 10:30-12pm

Caring for Someone with Memory Deterioration Sessions

Wednesday 14th July 6-7.30pm

Tuesday 21st September 1-2:30pm

Please note:

We can provide online support to help you access the sessions and for privacy reasons you can choose to turn your camera off

For further information or to book your place on a session please contact Kirklees Wellness Service on **01484 234095** or book online at www.kirkleeswellnessservice.co.uk