



## Carers Toolbox Course

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Have you experienced feelings of exhaustion, depression, frustration or anxiety as a carer?

Just want a little time & focus for yourself? Or would like to exchange support with others in a similar situation?

This programme will provide support and information to help, through exploring ways to increase personal wellbeing & health and achieving a balanced lifestyle. The course includes understanding emotional wellbeing, taking positive steps to look after & plan for yourself, budgeting & managing energy costs, managing stress and increasing self esteem.

The Mind and Body Project at Sheffield Mind are running a 5 week course, attempting to create a balance with a focus on yourself & your experiences. You may be new to caring or you may have been in the role for some time. This five week programme will focus on the importance - and challenge - of putting yourself back in the picture.

#### Details

Session dates: **Friday 6th February 2015 - Friday 6th March 2015** (5 weeks)

Time: **10.30am - 12.30pm**

Venue: **Sheffield Mind**, 57 Wostenholm Road, Sheffield, S7 1LE

**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 by Monday 2nd February (at the very latest) if you would like to attend.*