



## Carers Toolbox Courses

Have you experienced feelings of exhaustion, depression, frustration or anxiety as a carer? Would you value a little time to focus on yourself, and talk with others in a similar situation?

The Carers Toolbox course is a 5 week programme run by Sheffield Mind and Body Project. It is focussed on how you are, and aims to build strength and resilience for you as you continue to be a carer.

The next sessions are being run on 5 Fridays, from Friday 28th August through to Friday 25th September 2015, from 10.30am-12.30pm.

If you can't make these dates but would like to attend the course in future, do get in contact via 0114 258 4489 (ext 119), or email [mindandbody@sheffieldmind.co.uk](mailto:mindandbody@sheffieldmind.co.uk) to find out about future dates.

For more information and details on how to book, please visit: [Toolbox Courses](#).