



## Free session to help carers deal with stress

### Thursday 5th November from 2pm to 4pm:

As a carer do you sometimes feel overwhelmed, irritated or wish you'd been able to make your point more clearly in a meeting? If any aspects of being a carer are causing you stress, this free 2-hour session held on Zoom could be just what you are looking for. [Click here for more details or call us on 0114 278 8942 to book your place.](#)