



Sheffield Mind and Body Project



## CARERS' TOOLBOX

A free 5-week social support group  
with a focus on you and your own wellbeing



As a carer, you may experience feelings of exhaustion, low mood, frustration & anxiety...

...Would you like a little time & focus for yourself? Would it help to talk with others in a similar situation?

This group provides a space for information & peer support, whether you are new to caring or have been in the role for some time. We'll explore our own wellbeing & the ways to increase this, support each other through telling our stories, listening to each other and sharing ideas for practical & emotional support.

**MONDAYS 4pm - 6pm from 23rd May 2016**

(No session Monday 30th May—Bank Holiday)

**Sheffield Carers Centre**

**Concept House, 5 Young St, Sheffield S1 4UP**

Booking is required: to book a place, please contact

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

or ring Joe on **0114 258 4489 ext 108**



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