

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

Wed 21 September, 10am-12pm
Mon 26 September, 10am-12pm
Thu 17 November, 6pm-7.30pm
Tue 24 January 2023, 1pm-2.30pm

Caring for Someone with Memory Deterioration Sessions

Fri 15 July, 10am-12pm
Mon 18 July, 10am-12pm
Wed 19 October, 1pm-2:30pm
Mon 12 December, 10:30-12pm

Please check our website for venue details.

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

