

## Free Carers Wellbeing Workshops

Taking place during: April, May, June 2022

### FOR BEXLEY CARERS

You may not have thought of yourself as a 'carer' and more likely see yourself as a parent, partner, sibling, son, daughter, or close friend. The term 'carer' is used to describe someone who is supporting a child, relative or friend who needs help because of their special needs, illness, frailty, disability, mental health problem or addiction.

### COPING WITH CARING WORKSHOPS

- Explore how caring can affect mental health, in particular how caring can play a role in stress, anxiety and depression.
- Understand the link between trigger situations, thoughts, emotions, physical symptoms and behavioural responses.
- Learn skills to help you cope with your caring role and look after your own mental health.

**WITH:** Mind in Bexley

**WHEN:** Friday 22nd April 10.00am - 11.00am, Friday 20th May 10.00am - 11.00am, Friday 17th June 10.00am - 11.00am

**WHERE:** On Zoom

### CARING FOR YOURSELF WORKSHOPS

- Learn ways to reduce mental and emotional distress.
- Learn techniques to relax, release physical tension and calm the nervous system.
- Practice techniques such as; mindfulness, meditation and breathing exercises to help improve your health & wellbeing.

**WITH:** Mind in Bexley

**WHEN:** Friday 29th April 10.00am - 11.00am, Friday 27th May 10.00am - 11.00am, Friday 24th June 10.00am - 11.00am

**WHERE:** On Zoom

**FOR MORE INFORMATION OR TO REGISTER PLEASE CONTACT:**

Mind in Bexley Carers service

Tel: 02039120030

Email: [carers@mindinbexley.org.uk](mailto:carers@mindinbexley.org.uk)