Overcoming Loneliness

Teams workshop for Bexley Carers

What is loneliness? Why do we get lonely? And what can we do about it?

Join Laura Burke, Mind in Bexley's Training and Community Lead, as she talks about how to overcome loneliness.

Aimed at people in a caring role, this event talks about the unique challenges facing carers and discusses the tactics and services they can use to better deal with it.

Wednesday 14 December 2022
3:00pm to 4:00pm

Register at http://bit.ly/3u7Gx4S

NEW DATE ADDED

www.mindinbexley.org.uk

Bexley Carers Partnership

mind in Bexley