

Carers Wellness Sessions

Are you supporting a family member or friend with a long-term health condition?

Join our **FREE Carers Wellness sessions**

Building resilience session includes:

- Exploring emotions
- Learning about acceptance
- Managing worry
- Recognising to be 'kind to yourself'

Session details

Wednesday 2nd October 2024
1:00pm-2:30pm
Virtual- Microsoft Teams

Wednesday 16th October 2024
10:30am-12:30pm
Dewsbury Fire Station
21 Carlton Road
Dewsbury
WF13 2AT

For further information and to book your place on a session please contact the Wellness Service.

t: 01484 234095

e: wellness.service@kirklees.gov.uk
www.kirkleeswellnessservice.co.uk

