

## *'Caring with Confidence Course'*

***Recognise your skills, knowledge and  
experience with other carers.***

***Have fun.***

**Where:** Scarborough Dial A Ride, Londesborough Rd

**When:** Wednesdays from 10-12 noon

**24 Jan, 7 & 21 Feb, 7 & 14 Mar 2018**

**Free to all carers. Attend one or all sessions.**

**Sessions include:**

**Mindfulness, Relaxation**

**Benefit advice,**

**Self-care**



**Communication skills,**

**Basic First Aid Skills**

**Stress and coping**

**Places limited. For further information and to book contact:**

**01723 850155**

**staff@carersresource.net**

**www.carersresource.net**

