

# Caring for Me and You Programmes



Are you caring for a loved one?  
Would you like to improve your caregiving skills?

Join our small friendly groups for a FREE 6 week course  
(2.5 hour weekly sessions)

**Caring for Me and You Programmes** - support to manage your caring situation and your health & wellbeing too .

## Our next courses;

- Wed 9th April - Wed 14th May 2025 - (10am - 12.30pm)  
Crystal Gateway, Stourbridge. (Dementia)
- Thurs 22 May - Thurs 26 Jun 2025 - (10.30am - 1pm)  
Brett Young Carers Hub, Halesowen



For more information contact:

[smp@dudleycabx.org](mailto:smp@dudleycabx.org)

Text: 07976 637404



Dudley  
Empowerment  
Partnership