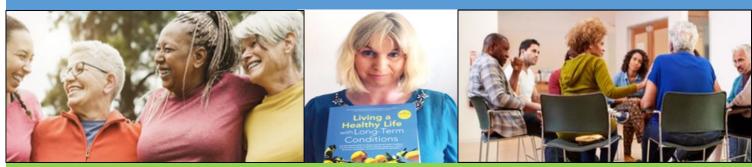
Caring for Me and You Programmes



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:

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