



## Calling all Carers

If you are a carer, 18 and over and live, work or are educated in the borough of Croydon, or if the person you care for is 18 or over, lives, works, or is educated in the borough of Croydon then you are eligible to apply for Carers Counselling at Mind in Croydon.

Topic	Dates	Time
Understanding Mental Health Problems	Mon 4 Feb 2019	10.30am - 11.45am
Understanding the Stress of Caring	Mon 4 Mar 2019	10.30am - 11.45am
Anxiety	Mon 1 Apr 2019	10.30am - 11.45am
Raising Self Esteem	Mon 15 May 2019	10.30am - 11.45am
Tips on Surviving as a Carer	Mon 3 Jun 2019	10.30am - 11.45am
Assertiveness in Caring	Mon 1 Jul 2019	10.30am - 11.45am
Managing Thoughts and Keeping Positive	Mon 2 Sep 2019	10.30am - 11.45am
Managing Challenging Behaviour	Mon 7 Oct 2019	10.30am - 11.45am
Keeping Calm	Mon 4 Nov 2019	10.30am - 11.45am
Mindfulness	Mon 2 Dec 2019	10.30am - 11.45am

*No pre-booking necessary, just turn up on the day.*

Address for the groups:

Fairfield House Art Room, 10 Altyre Road, East Croydon CR0 5LA

020 8763 2064

[counselling@mindincroydon.org.uk](mailto:counselling@mindincroydon.org.uk)