

May Workshops For Carers

**Anxiety
Management**
2 Part Course
10th & 11th May
6.00pm to
7.30pm

**Caring & Coping
with Stress**
5th May
10.30am to

**My Future
Care Plan**
12th May
1.00pm to
2.30pm



Assertiveness
17th May
2.00pm to
4.00pm

Resilience
25th May
2.00pm to
4.00pm

Booking is essential.

If you're in North Lincolnshire call 01652 650585.

For North East Lincolnshire call 01472 242277.