

# COPING WITH CARING

**ONLINE COURSE**

Wednesdays

11th Sept - 2nd Oct

Plus 2 sessions, dates tbc

10:30-12:30

Are you looking after or supporting a partner, family member, child or friend who couldn't manage without your help?

## FIND OUT MORE ABOUT:

- ✓ Carers Rights & Entitlements
- ✓ How to Access Services & Support
- ✓ Finances, Welfare & Grants
- ✓ Planning for Emergencies
- ✓ How to Look After your Mental Health whilst Caring

It can be difficult to cope with all the stresses and worries when providing unpaid care for someone close to you.

Join us for these informal training sessions for carers & get some practical help.

**Open to any carer in Leicestershire**

**Free resources, coffee & cake!**



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[www.claspthecarerscentre.org.uk](http://www.claspthecarerscentre.org.uk)

**CONTACT US TO BOOK:**



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