

FEELING STRONGER TO CARE AND CONNECT

FEELING OVERWHELMED IN YOUR CARING ROLE? SUPPORT IS HERE

CARING TAKES STRENGTH - LET'S BUILD YOURS TOGETHER

**Join us at our Feeling Stronger to Care and Connect
4-session Workshop in Leiston**

Across four supportive sessions, this workshop will enable you to feel more confident in your caring role, support you to improve your wellbeing, provide information about local & National support services, inform you of your rights as family carers and provide connection with and peer support from other group members.

We encourage you to attend all 4 sessions of the workshop to gain the maximum benefit.

**Sessions on Wednesday 3rd, 10th, 17th & 24th June
from 10.30am-12.30pm
Live Well Hub, Leiston, IP16 4HF**

Please note that places must be booked in advance

**www.suffolkfamilycarers.org/upcoming-workshops or contact us for bookings
and enquiries: hello@suffolkfamilycarers.org or 01473 835477**



Suffolk ●●●
Family Carers
Living Fuller Lives