



CARING & COPING WORKSHOP

DO YOU FEEL STRESSED IN YOUR CARING ROLE? YOU ARE NOT ALONE.

**PLEASE JOIN US AT OUR NEXT
CARING AND COPING WORKSHOP**

However dedicated we are to our caring role, being a family carer can sometimes be stressful. This workshop will explore how stress affects us and some tips for coping with it. Find out how eating chocolate (or your favourite edible treat) can help cope with stress!

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

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FamilyCarers
Living Fuller Lives