



For better
mental health



CARER'S GROUP FOR SOUTH SOMERSET MIND
FINDING YOUR OWN WAY AS A CARER

South Somerset Mind is pleased to offer:

- Six workshops for carers who care for people with mental health difficulties
- One workshop a week on a Monday afternoon from 2 pm to 4.30 pm
- Choose one group to attend but with three sets of dates to choose from
- With an additional support group for further discussions about your needs and more in depth support.

These workshops aim to explore the following in a safe way for those in the group:

- Being a carer and taking care of yourself
- Caring for someone living with mental health difficulties
- Exploring coping strategies
- Caring and communicating with others

Dates for the workshops are:

January 9th - 13th February 2012

February 27th – 2nd April 2012

April 16th – 28th May 2012 (excluding 7th May which is a bank holiday)

Support groups will run on Tuesday afternoons from 2pm – 4pm on: January 24th, February 6th, March 6th & 27th, April 3rd & 24th and May 1st & 29th

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