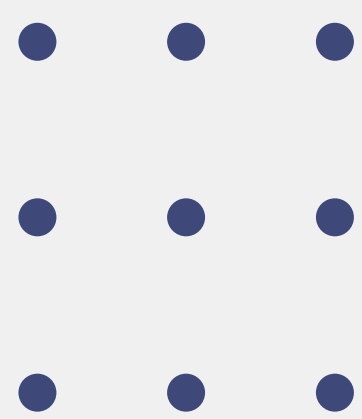


Relaxed, friendly
and supportive



WHO CARES?

Tools for managing and coping

Face to face support sessions
across Nottinghamshire

- Effective coping strategies
- Your self care
- Understanding emotions
- Change psychology



Sutton Library - Monday May 30th

9.30am-10am, Arrival window with refreshments

10am-12.30pm - Support session

East Leake Library - Tuesday June 14th

9.30am-10am, Arrival window with refreshments

10am-12.30pm - Support session

Newark Library - Friday July 15th

9am-9.45am, Arrival window with refreshments

9.45am-12pm - Support session

To book your free place, call **0115 824 8824** or
email **nottinghamshirehub@tuvida.org**

Tu Vida



**Nottinghamshire
Carers Hub**