

Community Workshops

Nottinghamshire - Training - Awareness - Wellbeing



Self Care Community Workshops with Five Ways to Wellbeing

Learn five easy steps to wellbeing

"this training was excellent and will be helpful in all areas of life"

Gain the skills to manage stress and maintain good mental health

Open to all Carers

Travel and respite costs will be covered

"The people at The Kaleidoscope Plus Group lift your mood and make you feel good about yourself"

FREE
three hour
workshops



funded by
Nottinghamshire
County Council

The Kaleidoscope Group
Creating brighter futures together

To book your free place or to find out more information, please contact:

Nottinghamshire Carers Hub

T: 0115 824 8824 - E: hub@carerstrustem.org