

ARE YOU LOOKING AFTER SOMEONE IN YOUR LIFE?

FREE ONLINE SELF-MANAGEMENT
COURSE. HELPING YOU LOOK AFTER
YOURSELF WHILE CARING FOR
SOMEONE ELSE.



help&care



"I enjoyed sharing this course with other carers. It was good to have something to do that was just focusing what needs we have. And that we are not just carers, but people too, with feelings and emotions."

This 6 session online course covers topics such as:

- Managing fatigue and getting better sleep with mindfulness
- Setting boundaries and avoiding burnout
- Communication and relationships
- Getting active, creative and eating well
- Using your strengths to make you happier



Would you like to feel less tired, less stressed and more in control?

Meet others in a similar situation and build your skills to help you cope better.

COURSE START DATES

29.04.2026
09.09.2026



BOOK NOW

WWW.H4C.ORG.UK/COURSES
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