

*Free  
Carers in the  
Villages  
Resilience*



Sessions include: Come and join us to learn about our services. Get a carer's discount card that can be used across the county - great savings at Coopers, Grange Paddocks, Nando's, & much more. A Resilience workshop, explore ways to manage emotions. Look at what you need to cope practically with your caring role.

Giving you the **knowledge and skills** to make a **positive difference** to your life and to the lives of the people you care for.

**Little Hadham  
Village Hall  
The Ford  
SG11 2BP**

**Tuesday 26<sup>th</sup> November  
1pm-3pm**

**You can book your free place by contacting the office on 01992 586969  
[learning@carersinherts.org](mailto:learning@carersinherts.org).**