



Calling all Carers

If you are a carer, 18 and over and live, work or are educated in the borough of Croydon, or if the person you care for is 18 or over, lives, works, or is educated in the borough of Croydon then you are eligible to apply for Carers Counselling at Mind in Croydon.

Topic	Dates	Time
Identifying and Supporting People with Mental Health Problems	Monday 2nd July 2018	10.30am - 11.45am
Depression	Monday 3rd September 2018	10.30am - 11.45am
Managing and Working with Worry	Monday 1st October 2018	10.30am - 11.45am
Health and Wellbeing	Monday 5th November 2018	10.30am - 11.45am
Keeping Calm	Monday 3rd December 2018	10.30am - 11.45am

No pre-booking necessary, just turn up on the day.

Address for the groups:
Fairfield House Art Room
10 Altyre Road
East Croydon
CR0 5LA

020 8763 2054
counselling@mindincroydon.org.uk.