



## Monday 7th June

### FREE Carers Workshop via Zoom

#### Taking a Break – Respite Care

This is free to all carers 18 and over that live, work or are educated within the Croydon Borough. People are asked to pre-book to avoid disappointment and receive the zoom link.

To book contact the counselling team on 020 8763 2064 or [counselling@mindincroydon.org.uk](mailto:counselling@mindincroydon.org.uk).

## Tuesday 8th June

We are holding a 2 hour session from 1pm-3pm which will include:

- **1pm-2pm**

#### Brain Gym and an introduction to Mindfulness

Held at Fairfield House, 10 Altyre Road, East Croydon, CR0 5LA

Carers need to call ahead to book on 020 8688 1210

- **2pm-3pm**

#### Guided Mindfulness Session via Zoom

Carers already at Fairfield House will be able to view this on the projector and the link can be sent out to anyone else wishing to join.

The link to join this session is <https://us02web.zoom.us/j/81014944766?pwd=VGw4M09vdyszem5YclB0NmE0R2t5Zz09>

## Tuesday 8th June

Our Welfare Benefits team are holding a telephone benefits advice session for carers.

10.30am-12.30pm

Call us on 0208 253 8211 to speak to an advisor.