



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 lives, works, or is educated in the borough of Croydon then you are eligible to apply for Carers Counselling at Mind in Croydon.

We also provide the following FREE workshops for Carers:

Topic	Dates	Time
Coping With Extended Stress	Mon 7 Feb 2022	10.30am - 11.45am
Resilience	Mon 7 Mar 2022	10.30am - 11.45am
Compassion Fatigue	Mon 4 Apr 2022	10.30am - 11.45am
Raising Self-Esteem	Mon 2 May 2022	10.30am - 11.45am
EUPD: Emotionally Unstable Personality Disorder	Mon 6 Jun 2022	10.30am - 11.45am
Keeping Calm	Mon 4 Jul 2022	10.30am - 11.45am
Anxiety	Mon 5 Sep 2022	10.30am - 11.45am
Self-Compassion	Mon 3 Oct 2022	10.30am - 11.45am
Managing Challenging Behaviour	Mon 7 Nov 2022	10.30am - 11.45am
Mindfulness	Mon 5 Dec 2022	10.30am - 11.45am

These workshops will be in person in our Purley Office.

Please pre-book to avoid disappointment as social distancing is in place.

Address for the groups and to book a place:

26 Pampisford Road, Purley, Surrey, CR8 2NE

020 8763 2064

counselling@mindincroydon.org.uk