

Inspire Learning

Nottinghamshire



In partnership with

Tu Vida



Nottinghamshire
Carers Hub

Wellness Wednesdays

One session a week in July

Time: All sessions, 1pm-3pm

Zoom (email link sent the day before each session)



This programme is free for County Carers

- Week 1** *Wednesday 6th July*
Recognising emotion & stress
- Week 2** *Wednesday 13th July*
Developing confidence, assertiveness & rapport
- Week 3** *Wednesday 20th July*
Coping strategies & experience
- Week 4** *Wednesday 27th July*
Self-care & self-awareness

To book your free place, call 0115 824 8824 or
Email nottinghamshirehub@tuvida.org

This 4 week course will provide a non-judgmental, supportive environment for you to explore ways to manage life's challenges.

 @InspireLearningSkills  @Learn_Inspire

To find out more, visit www.inspireculture.org.uk/learning or call 01623 677 200