

Caring for Someone with Anxiety or Depression

Free 4 week course for anyone caring for a family member or friend with anxiety or depression in Bristol or South Glos.

Tues 12th Nov

What is anxiety & depression?

Tues 19th Nov

Resources for people with anxiety & depression & their carers

Tues 26th Nov

Communication & engagement skills

Tues 3rd Dec

Coping strategies & stress management

Each session 7—9 pm

**For more information or to book a place please contact
Mary Jones: 0117 937 5621**

**Carers Support Centre
The Vassall Centre, Fishponds, BS16 2QQ**

**If you care,
we care.**

Carers Support Centre
Bristol & South Gloucestershire



www.carerssupportcentre.org.uk



Carers Support Centre, Vassall Centre, Gill Avenue, Fishponds, Bristol BS16 2QQ CarersLine: 0117 965 2200

Registered as The Carers Centre (Bristol & South Gloucestershire). Company number: 3377199 Charity number: 1063226

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