



## **Caring Matters Free Workshops for Carers**

Are you caring for a friend or relative?  
Do you sometimes feel stressed while caring?  
Would you like to meet others in a similar situation?

These workshops can help you understand change and how this affects you as a carer. Through practical advice we'll help you understand the difference between passive, assertive and aggressive behaviour helping you develop strategies for dealing with stress.

<b>Coping with Change / Managing Stress</b>	<b>5<sup>th</sup> October 2016</b>
<b>Communication / Assertiveness</b>	<b>19<sup>th</sup> October 2016</b>
<b>Coping with Change / Managing Stress</b>	<b>2<sup>nd</sup> November 2016</b>
<b>Communication / Assertiveness</b>	<b>30<sup>th</sup> November 2016</b>
<b>Coping with Change / Managing Stress</b>	<b>7<sup>th</sup> December 2016</b>
<b>Communication / Assertiveness</b>	<b>14<sup>th</sup> December 2016</b>

**9.30am – 12.30pm (7<sup>th</sup> Dec 3pm – 6pm)**

Light refreshments will be provided.

Location: Relate Hull and East Yorkshire, 1 Charlotte Street Mews, Hull, HU1 3BP.

For further information and to book a place please call 01482 329621 or email

[relate@relate.karoo.co.uk](mailto:relate@relate.karoo.co.uk)