



Caring matters: Coping with change

Free workshop for carers

Coping with Stress: Wednesday 9th September

Coping with Change: Wednesday 14th October

Assertiveness: Wednesday 4th November

Confidence & Communication: Wednesday 2nd December

Location and times: 9.30 - 12.30, 1 Charlotte Street Mews,
Worship Street, HU1 3BP

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.

Light refreshments will be provided, for further information and to book a place give us a call.

Relate Hull and Yorkshire
01482 329621



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City Council

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