

**Bromley****Well**

# Adult Carers Peer Support Groups

**Bromley Well** would like to invite you to attend our Carers Peer Support Groups. Take the opportunity to meet other carers with similar experiences and explore common difficulties. Make new friends and learn practical techniques to help manage and maintain your own wellbeing. There will be guest speakers from local organisations at some of the groups.

**Venue: Azelia Hall**

258 Croydon Road, Beckenham, BR3 4DA

- Monday 9 April 2018 10am-12pm
- Monday 14 May 2018 10am-12pm

**Venue: Community House**

South Street, Bromley, BR1 1RH

- Friday 20 April 2018 2pm- 4pm
- Friday 18 May 2018 2pm- 4pm

**Venue: Orpington Village Hall**

311 High Street, Orpington BR6 0NN

- Tuesday 3 April 2018 10am-12pm
- Tuesday 1 May 2018 10am-12pm

Delivered by:



Funded by:

**Bromley****Well**

# Adult Carers Peer Support Groups

**Bromley Well** would like to invite you to attend our Carers Peer Support Groups. Take the opportunity to meet other carers with similar experiences and explore common difficulties. Make new friends and learn practical techniques to help manage and maintain your own wellbeing. There will be guest speakers from local organisations at some of the groups.

**Venue: Azelia Hall**

258 Croydon Road, Beckenham, BR3 4DA

- Monday 9 April 2018 10am-12pm
- Monday 14 May 2018 10am-12pm

**Venue: Community House**

South Street, Bromley, BR1 1RH

- Friday 20 April 2018 2pm- 4pm
- Friday 18 May 2018 2pm- 4pm

**Venue: Orpington Village Hall**

311 High Street, Orpington BR6 0NN

- Tuesday 3 April 2018 10am-12pm
- Tuesday 1 May 2018 10am-12pm

Delivered by:



Funded by:

