

Coping with Caring

A free CBT course for carers



Starting on: 30th May 2018 (8 weeks)
Wednesdays 2:30- 4:30pm



Azelia Hall, 258 Croydon Road, Beckenham BR3 4DA

Coping with caring is group cognitive behavioural therapy looking at the stressors of caring for someone.

CBT is based on the idea that the way we think and feel affects how we act and behave. This then reinforces our thoughts and feelings which can lead to a negative cycle.

The sessions will aim to break this negative cycle and teach us to break down overwhelming problems into smaller parts so we can deal with them more positively.

For further information or to enroll please contact Bromley Well on **020 8315 1906**
or email **carers@bromleywell.org.uk** **www.bromleywell.org.uk**

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