



Coaching for Carers



Find time for you and feel better



Carers Support is offering coaching for carers.



Coaching can help carers **learn important skills** for their caring role.

It helps them feel listened to and understood.



Carers who join coaching often feel they have more **choice** and **control** in their caring role.

This can make their lives feel **better and easier**.



Carers who join coaching sessions get more confident.



Coaching can help carers take part in their **hobbies and interests**.

They have more time to do things they love.



Carers can join **group or one-to-one coaching** for support and understanding.



The coaching is free for carers.



If you want to know more, you can join a relaxed **information session**.

Here, you can learn about coaching and see if it is right for you.



You can book onto the information session **straight from our website.**



To join, you can contact **Carers Support.**

You can **call us, send an email, or visit our website** for more information.



Contact Us

Phone: 0300 028 8888

Email: info@carerssupport.org.uk

Website:

www.carerssupport.org.uk



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Company No. 6418743

