

# Suffolk

# Family Carers

## Living Fuller Lives

## Programmes, Workshops, Groups and Support Sessions available from Suffolk Family Carers

Please see the schedule below for forthcoming programmes, workshops, groups and support sessions available FREE to registered family carers.

If you would like to register as a family carer please complete our registration form on our website: [www.suffolkfamilycarers.org/register-with-us-2](http://www.suffolkfamilycarers.org/register-with-us-2)

Contact for enquiries and bookings for programmes, workshops and the Wellbeing Hub:

Tel: 01473 835477

Email: [hello@suffolkfamilycarers.org](mailto:hello@suffolkfamilycarers.org)

Please contact us on the details above to discuss possible funding for respite for the person you are caring for while you attend or transport to and from the venue.

Please also contact us if you are unable to attend but would like to receive information on future programmes and workshops.

Please note that places must be booked in advance and that we are unable to deliver programmes and workshops with less than eight attendees.

<b>Wellbeing for Me</b>		This programme enables family carers to look at how their caring role can impact their own emotional wellbeing and how they can improve this. Subjects include; the different roles we have in life, assertiveness, dealing with anxiety, overcoming challenges and mindfulness.		
Location & Course Ref.	Venue	Dates	Time	Booking
Lowestoft (3 session programme)  Course Ref: WFMLOW003	The Kirkley Centre, 154 London Road South, Lowestoft, NR33 0AZ	Friday 28 <sup>th</sup> February, Friday 6 <sup>th</sup> March & Friday 13 <sup>th</sup> March 2020	10:30-12:30pm for all course dates listed	<a href="#"><u>CLICK HERE TO BOOK</u></a>

<b>Who's in Charge?</b>		This programme is for parents/carers of young people (up to the age of 18) who experience child to parent/carer violence and/or abuse. Programme aims include; reducing isolation, challenging feelings of guilt, reinforcing belief in the possibility of change, clarifying boundaries and examining strategies for creating meaningful and practical consequences for unacceptable behaviour		
Location & Course Ref.	Venue	Dates	Time	Booking
Lowestoft (8 session programme)  Course Ref: WICLOW002	Allsorts Community Hub, Old Court Building, Old Nelson Street, Lowestoft, NR32 1EQ	Tuesday 12 <sup>th</sup> March, Thursday 19 <sup>th</sup> March, Thursday 26 <sup>th</sup> March, Thursday 23 <sup>rd</sup> April, Thursday 30 <sup>th</sup> April, Thursday 7 <sup>th</sup> May, Thursday 14 <sup>th</sup> May and Thursday 21 <sup>st</sup> May 2020	10:30-12:30pm for all course dates listed	<a href="#"><u>CLICK HERE TO BOOK</u></a>