



Family Matters

Looking after yourself



"I learned that I didn't have to hook my happiness onto my son's recovery; I learned to accept that it was his life, his mistakes and not mine."

"I learned to get on with my life and to enjoy it.... it was possible to love her but to stand back. I learned to change myself."

Carers in Hertfordshire
FREEPOST RRUU-LTKU-AXEY
Unit 9 Theobald Business Centre
Knowl Piece
Wilbury Way
Hitchin
Herts
SG4 0TY

An event for anyone whose life is affected by the drinking or drug use of someone they care about

9.30am-10am Coffee and an opportunity to visit drug and alcohol service provider information stalls

10am – 1pm Looking after yourself workshop with Becky Stanley from Waypoint Therapy

Comfort break

Supporting you to look after yourself with Tim Anfilogoff, Head of User and Carer Focus, Adult Care Services

1pm – 2pm Lunch

Saturday 20th March 2010

The Council Chamber, Campus West, Welwyn Garden City AL8 6BX

If you would like to attend (and for catering purposes) please return the reply slip attached or call us on **01462 456660** or email central.team@carersinherts.org.uk



Family Matters Looking after yourself

I would like to attend on Saturday 20th March 2010

Family Carer Other

Name _____

Address _____

Tel no _____

Email _____

Transport assistance (family carers only)

Please tick if you need transport, we will get back to you

If you plan to drive yourself please tick , we will give you a free ticket on the day for parking at the venue

