



charity registration number 1085491

Making Carers Count

If you care for someone experiencing a mental health problem this free six-week programme is for YOU!

Caring and Coping Course

In the company of other unpaid carers, learn about:

Mental health and the mental health system;

Dealing with challenges;

Looking after your needs.

**Where: Nightingale House, College Road,
Hitchin, Herts, SG5 1SD.**

**When: 6 sessions, Mondays 23rd September to
28th October 2019, 11am to 1pm.**

**To book a place or for details please call 01920 463663
or email jonathan.clack@rethink.org**

**To contact Carers in Hertfordshire call 01992 58 69 69
or learn more at www.carersinherts.org.uk**