

CARING WITH CONFIDENCE

If you are an unpaid carer you could benefit from our free programme of group sessions in a venue near you



Caring and Resources
Maximising your income

Caring and Life
Juggling competing demands

Caring and Coping
Dealing with stress

Giving you the knowledge and skills to make a positive difference to your life and to the lives of the people you care for

Call us on
01992 58 69 69
or visit
www.carersinherts.org.uk
to book a place

CARERS IN HERTFORDSHIRE
THE RED HOUSE, 119 FORE ST, HERTFORD,
SG14 1AX

Putting Carers First
registered charity number 1085491