

WELLNESS WEDNESDAYS



For all registered carers



~ Making Time For You ~

- A safe space for you to talk and share with others
 - Reflection time
 - Strategies for managing your wellbeing
 - Peer support

Date: Monthly
Time: 11:00–12:30
Location: Greenwood Centre

Date: Monthly
Time: 18:30–20:00
Location: via ZOOM

Check monthly calendar for dates

* **Booking is required for EACH SESSION**

For more information or to book a place,
call: **020 7428 8950**

or email: **info@camdencarers.org.uk**

Please provide the following:

- Full name
- Name of event
- If you are registered with Camden Carers



Camden Carers is funded by London Borough of Camden and NHS Camden.
Camden Carers is a registered charitable incorporated organisation **1042757**.
The Greenwood Centre, 37 Greenwood Place, London NW5 1LB