



Providing confidential support to those who care

Do you care for
someone who has
a mental health
condition?

Do you feel frustrated, isolated and are you wanting
some advice?

Mental Health Carer Support Group

on Tuesday 26th July 2016 1.30pm - 4pm

at Eden Carers Office, Mardale Road, Penrith, CA11 9EH

Eden Carers

Eden Mind

Community Mental Health Team

are working together to provide mental health carers with

FREE group advice, information and support!

Also includes a mindfulness session to promote own health and
well-being

Refreshments will be provided

For further information or to reserve your place, please contact: 01768
890280 or email enquiries@edencarers.co.uk



Happier | Healthier | Hopeful



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Carlisle
Eden