

Carer Well-Being Day

Date: 22 October 2015

Time: 11am – 2pm

Place: Mary Sheridan Centre, Lambeth

The clinicians from the Neurodevelopmental CAMHS team would like to invite you to join us for a day designed for you!

The team have arranged a day for parents and carers which will involve:



- **Mindfulness**
 - **A relaxation group**
 - **Workshops on sleep for carers**
 - **Opportunities to meet other families with children with additional needs**
 - **More information on support for carers**
- Local support services will also be joining us.



We would love to have a *lunch together* and so we will be providing a light lunch if you wish to join us.

Thank you, we hope to see you then!



**PLEASE CONFIRM IF YOU WILL BE ATTENDING ON
0203 049 5260. PLACES MAY BE LIMITED.**