

Carers Support Service (Mental Health)

“Anyone of any age who helps a relative, friend or neighbour who cannot manage without support has taken on an unpaid caring role in addition to their existing role”.
Is this you?

Free Mental Health Training Workshops for Carers are available on the following dates.

2010 Dates Daytime

Venue: Lochhead Day Hospital Cornhill 10.30am – 12.30pm

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| Monday 1 st February | Mental Health |
| Monday 1 st March | Depression |
| Monday 12 th April | Anxiety |
| Monday 10 th May | Schizophrenia |
| Monday 7 th June | Bi-Polar |
| Monday 5 th July | Dementia |

2010 Dates Evening

Venue: VSA Carers Centre, Belmont Street, 7.00pm – 9.00pm

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|------------------------------------|---------------|
| Thursday 25 th February | Mental Health |
| Thursday 25 th March | Dementia |
| Thursday 29 th April | Bi-Polar |
| Thursday 27 th May | Depression |
| Thursday 24 th June | Anxiety |
| Thursday 29 th July | Schizophrenia |

For further information and to book your place please contact Arlene or Sarah, by telephone on 01224 557868, or email, or email Carers.cornhill@vsa.org.uk