

Monthly Saturday Information Sessions For Mental Health Carers

Would you like more information and support to help you in caring for someone with mental health needs?

Come to our monthly information sessions, each with a focus on a particular topic.
You will also be able to share ideas and information with other carers.

Where?

Sutton Carers Centre,
12-14 Benhill Avenue, Sutton, SM1 4DA.

Who?

For family and friends who care for someone with mental health needs

When?

1 Saturday per month, 11am-1pm, on the following dates:

Date	Topic?
12 th November	Medication. A pharmacist will be speaking and answering questions about medication for mental health.
10 th December	Coping with Major Festivities. Cath Gamble from South West London & St. Georges NHS Trust will be discussing tips for coping with major festivities.

Contact Celia Johnson for more information

Sutton Carers Centre

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