



Are you supporting a family member or friend?

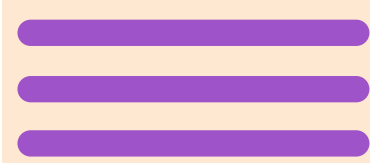


Coping strategies to 'keep' going

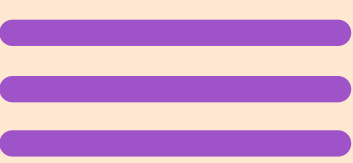
Learn to accept your circumstances

Learn to manage your emotions and move forward

Recognise to be 'kind to yourself'



Looking for some coping strategies to 'keep going' and to face your challenges?



Join us for our free 'Resilience' session

Tuesday 17 October 2017

10.30 til 1pm

Dewsbury Town Hall



For more info or to book a place



Contact the Health Trainer Service:

Call:

01484 414774 (Option 3)

Email:

cjs@kirklees.gov.uk

Visit:

**www.kirklees.gov.uk/
lookingafterme**