



## Are you an unpaid carer who needs support?

We are offering one to one training/guidance through the phone

If you are tired of staring at a screen, Promas CIC are offering a new way of learning (without Zoom, Facetime or Skype!). Access support and find answers to questions through free one-to-one telephone guidance.

### It takes three easy steps

You will receive three 45-minute telephone sessions on the topic of your choice, at the time and date you choose.

#### Step 1: Pick your course

- Caring for Dementia Carers
- Coping Strategies for Carers
- Managing Stress in your Caring Role
- Managing Mental Illness for Carers
- Caring for Carers

#### Step 2: Choose three dates and three time

##### Session Dates

**March 2021:** 4th, 5th, 11th, 12th, 18th, 19th, 25th, 30th

**April 2021:** 8th, 9th, 15th, 16th, 22th, 23th, 27th, 29th

##### Session times

10am -10.45am

11.30am -12.15pm

2.00pm -2.45pm

3.15pm- 4.00pm



#### Step three. Apply by contacting us:

Email: [info@promas.co.uk](mailto:info@promas.co.uk) Tel: 01736 339226 / 07775 756454

We will post or email any resources you may need. If you would like more information or to discuss further, please do not hesitate to contact us.