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**TODAY'S SESSION
WAS WONDERFUL, I
CAN REALLY FEEL
THE BENEFIT.**

**I FOUND TODAY
PARTICULARLY
BENEFICIAL, I
WOULD ALSO TRY
THIS WITH THE
PERSON I CARE FOR.**

Well-being & Stress
Management, 2020

**TO FIND OUT
MORE OR TO
MAKE A REFERRAL...**

**Carers Information Line
0141 353 6504
OR
<https://www.glasgow.gov.uk/carers>**

**Follow us on twitter
@gamhcarerscentres**

**Visit our website
www.gamh.org.uk**

GAMH TRAINING FOR CARERS

2020



ABOUT US

GAMH provides free mental health and well-being training for unpaid carers across Glasgow.

81% of carers have said that they have felt isolated in their caring role (Carers UK, 2017). Our training courses give carers the opportunity to connect with each other, share experiences and learn together.

CURRENT COURSES

WELLBEING & STRESS MANAGEMENT FOR CARERS

Our 3 week course covers relaxation skills, tips for well-being, and gentle exercises to relieve tension in the body. Stress is different for everyone, our trainer will adapt the course to suit you. There is also an opportunity to meet other carers and share experiences before the session starts. You will receive an information pack covering everything you have learned.

SELF ADVOCACY TRAINING FOR CARERS

Getting our voices heard can sometimes be a challenge when we are caring. It can be difficult to know what help we need or who to ask and even how to ask. Our self-advocacy training will help you to learn skills and build confidence to speak on behalf of yourself and the person you care for.

MENTAL HEALTH AWARENESS

Our mental health awareness sessions cover a variety of topics. They can help you to understand mental health and how it can impact on an individual. As well as providing you with an understanding of how to manage common mental health difficulties.

MINDFULNESS FOR CARERS

Caring for others can be challenging at times. Sometimes we can feel overwhelmed by life, responsibilities and worries. Mindfulness can help you to quiet your mind, help you to feel calmer, be more self-aware and to be kinder to yourself.

MINDFULNESS TASTER

This one hour session gives you an opportunity to unwind and learn the basics of Mindfulness

MINDFULNESS 8 WEEK COURSE

If you liked the taster and would like to learn more, come on our 8 week course.