

# Are you an unpaid carer who needs help and support?

Fed up with clicking buttons and staring at a screen?

Introducing a new way of learning without using Zoom, Facetime and Skype.

Find answers to questions you have through free one to one telephone guidance.

## How does it work?

### 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 one. Pick your course

- Managing stress in your caring role
- Caring for Dementia carers
- Coping strategies for carers
- Managing Mental Illness for carers
- Caring for Carers

**Step two.** Look at the dates and times and choose three dates and three time slots that suit you.

#### Dates

November 2020 - 2nd,5th,  
9th,13th,17th,19th,23rd,27th,30th

December 2020- 2nd, 4th,7th,9th

#### Sessions 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 out any resources that you may need. If you would like more information or to discuss further, please do not hesitate to contact us.