

Carers Support Group



10am - 12pm

A drop in group for carers that includes arts & crafts, bingo, guest speakers, self-care workshops, and info on services in Herts (refreshments also provided).

**Friday 27th Jan
Friday 24th Feb
Friday 24th Mar**

**10 Leeming Road
Borehamwood
WD6 4DU**

**For more information, please email
info@hertsmindnetwork.org or call 0203 727 3600**

www.hertsmindnetwork.org

 **mind Hertfordshire Network**