

New start date!

WRAP for Carers

Wellness Recovery Action Planning

NEWHAVEN, EAST SUSSEX

5-week course starts 3rd June 2024

What is WRAP?

On the WRAP course you can...

- Discover wellness tools
- Create a daily wellness plan
- Identify triggers and early warning signs
- Learn about action planning for times when life gets challenging
- Explore crisis planning
- Build confidence and self-esteem
- Share experience and learn from other carers
- Focus on your wellbeing
- Be supported, valued, and respected in a safe space with experienced facilitators, Lucy & Molly

Who is this course for?

This FREE course is for carers in the Newhaven area who

- care for their adult child (age 18+)
- are registered at the following GP surgeries:

Havens Health, Peacehaven
(previously Meridian and Rowe Avenue surgeries)
Quayside Surgery, Newhaven
Chapel Street Surgery, Newhaven

Where & When?

Day & time - Monday, 10am to 1pm

Venue - The Hillcrest Centre, Newhaven

Session 1 - 3 June 2024

Session 2 - 10 June 2024

Session 3 - 17 June 2024

Session 4 - 24 June 2024

Session 5 - 1 July 2024

Find out more

For more information or to book a place
please contact one of us:

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or amandad@cftc.org.uk

Lucy on **07598 323 254**
or lucy@coastalwellbeing.co.uk

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 Coastal
Wellbeing


care for the
carers
East Sussex

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