



A PLACE OF WELLNESS

Time Out for Carers

LIVING & WORKING IN
HAMMERSMITH AND FULHAM

CONNECT CREATE RESTORE

Facilitated by experienced
psychotherapist Dee Morrison who is an
artist, poet and main carer for her mum
who has Dementia.

This 6 week programme could be just what you're
looking for! Weekly self care sessions via zoom for
Carers who are looking to connect with other
Carers in a safe space.

MONDAY 5TH, 12TH, 19TH AND 26TH JUNE

MONDAY 3RD & 10TH JULY 2023

TIME: 7 - 8.30 PM

REGISTER YOUR INTEREST BY EMAIL TO
INFO@NUBIANLIFE.ORG.UK