



Strengthening Family Relationship Skills for Carers

Delivered by Mersey Care's Carer Engagement Team

Who is the course for?

Unpaid carers supporting a Mersey Care NHS Foundation Trust service user.

What will the course cover?

Strengthening family relationship skills for carers training is designed to help carers understand, strengthen and develop relationships to support their caring role.

The course consists of four sessions, two hours per session.

Our next course is - Halton

Where?	When?
St. Maries Church	Thursday 2nd November
Lugsdale Road	Thursday 9th November
Widnes	Thursday 16th November
WA8 6DB	Thursday 23rd November

All sessions will run 10am-12noon

To book a place:

Contact Halton Carers Centre on 01928 580182

Attendees will be asked to register on the Carer Support Pathway on the first day of the course.

Carer Engagement Team: carers@merseycare.nhs.uk

The course will cover the below topics:

- Invalidation
- Validation
- Understanding emotions
- Supporting positive communication
- Managing stressful situations
- Effective problem solving
- Supporting positive relationships
- Personal wellbeing.

