



# 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?

St. Maries Church,  
Lugsdale Road,  
Widnes,  
WA8 0DN

When?

Tuesday 8th October  
Tuesday 15th October  
Tuesday 22nd October  
Tuesday 29th October

1st session-09:30am -12pm  
remaining sessions- 10am-12pm

**To book your place:**

Contact Halton Carers Centre on

Phone: 01928 592 405

Email: [help@haltoncarers.co.uk](mailto:help@haltoncarers.co.uk)

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

Carer Engagement Team: [carers@merseycare.nhs.uk](mailto: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.

