



Harrow Carers

Support, Training & Advice

Do you care for someone?
a relative, neighbor or friend?

Supporting Family and Friends...

We Can Help With:



Information and Advice on various topics and your carers rights.



Workshops looking after your Health and Well-being.



Training & Events for carers to develop skills or unwind.



Sessions for understanding Mental Health and support.



Counselling for carers to relieve stress and work through problems.



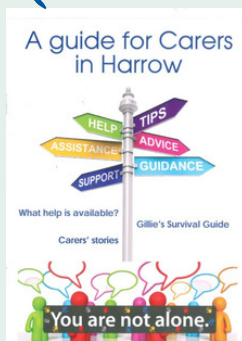
Young Carers support and activities including 1:1 support and training.



Workshops and support to get carers back into the workforce.



Have you checked out our carers guide.



For more information about our services please visit our website:
www.harrowcarers.org

Contact us:

Email:

admin@harrowcarers.org

Phone: 0208 868 5224

Registered Charity No: 1062149