

Caring & Sharing



Caring and Sharing workshop sessions is a caring space for Carers aimed at increasing the mental health of all Carers. With the aim for the Carers to be listened to, offer peer support, learning to self-care, to share thoughts, feelings and experiences, to learn and grow as well as gain a sense of well-being.

SPARC's Counselling Service will be running a 'Caring and Sharing' Workshops for all Carers

These sessions will provide Carers with:

A space to be listened

A space for self care

A space for learning

A space for Carers to refill their jug of well-being

There will be 8 fortnightly Online Zoom sessions taking place on a Monday evening from 7:00pm till 8:00pm starting on Monday 16th May 2022.

For more information please contact SPARC on 0161 429 9744 or send a private message to the SPARC Therapy Facebook Page or you can email us at: sparc4u.counselling@gmail.com
