

Wellbeing Group for Mental Health Carers

This group is a welcoming and relaxed group for people who support someone with a mental health condition, including caring for: someone in crisis; or someone admitted to, or discharged from Foss Park Hospital.

This group is a time to focus on your wellbeing, chat to others with similar experiences and join in gentle activities.

There are different wellbeing activities each month, with materials and refreshments provided.



When: Last Wednesday of every month
6.15 - 8 pm
Where: 30 Clarence Street, York
YO31 7EW

For information about upcoming groups and to be added to the mailing list, please contact julie.kay@yorkcarerscentre.co.uk