

**Heal Yourself, Build Your Future Course (online)**

*Funded Course for carers covering beauty skills and Well-Being*

The course is open & free to anyone in a caring role that wants to feel less stressed and isolated and is interested in learning new skills whilst meeting likeminded people.

Do you want to learn new skills and how to look after your own well-being?

Join other carers on this fun and interactive course and make time just for you!

You will learn:

* What is mental health & Understanding depression
* Stress & wellbeing
* How to do a basic manicure
* Facial skin care

Our course will be held over four sessions:

* What is mental health & Understanding depression

Monday 30th November 11am-12:30

* Stress & wellbeing

Monday 7th December 11am-12:30

* How to do a basic manicure

Wednesday 18th November 11am-12:30

* Facial skin care

Wednesday 25th November 11am – 12:30

\*\*Places are limited so be quick to book your space with us\*\*

***Training will be held online via the zoom platform. For further information please contact:***

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Or Call Stephanie on 07825337342

