

Solution Focused Hypnotherapy Six Week Group Coaching for Carers

Starting Wednesday 2nd March at 10am



INSPIRED TO CHANGE
GET better, COPE better, BE better



CARERS COLLECTIVE

Hello

If you have not yet registered for our next Solution Focused Hypnotherapy group coaching programme for carers then you can do so [here](#).

We only allow 6 participants per programme as it's more effective if we keep the groups small.

We have 2 spaces left!

This is what one of our last participants said:

"I am Full-time Carer, and it isn't easy at times. I found the experience of taking part in the group sessions extremely uplifted my mood and I have learned some good tools on how to stay composed and manage my mind." Balu

If you register you need to be able to commit to the six weeks.

If you cannot join us this time then we will be running more taster sessions and another group programme later in the year.

Please feel free to share this with other carers you may know.

The Carers Collective team.

[Register for the 6 week programme](#)

Carers Collective (part of Elijahs Hope CIC)

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