



Jersey Hospice Care

Carers Coffee Club

The Hospice Education Team invite you to coffee club - a support group for individuals providing care to family or friends, offering them a chance to connect, share experiences, and get information and advice on self-care, rights, and wellbeing.

Friday 3 October | 11:00-12:00

Hospice Shop East - Topic - Walk in the Rain:
Wellbeing & Resilience

Friday 10 October | 14:00-15:00

St Brelade's Parish Hall - Topic - Bucket Lists
& Beyond

Thursday 16 October | 11:00-12:00

St Helier Town Hall - Topic - Walk in the Rain:
Wellbeing & Resilience

Wednesday 22 October | 14:00-15:00

Jersey Hospice Care - Topic - Bucket Lists
& Beyond

No need to book - just come along to any of the sessions.

For further information, contact:

educationcoursebookings@jerseyhospicecare.com

www.jerseyhospicecare.com