



The Princess Royal Trust for Carers in  
Hampshire

**CARERS  
TRUST**

## Carers Virtual Group Counselling Session

**Has your caring role increased  
since the Lockdown?  
Has your anxiety around your  
caring role risen?**

**If so we want you to know that support is still  
available to you.**



**Join us for a Virtual Group Counselling  
session for Carers and talk to our  
Counsellor and other carers feeling the  
same as you**

**For details of how to join please call 01264  
835246 or email [info@carercentre.com](mailto:info@carercentre.com)**



Charity No 1040518 Company No 2955846

