



CARA group with  
**carers**  
**peer support**

running every four weeks online

**From Thursday 11th May, 1pm to 2.30pm**

**Call 0131 557 0718 for more information  
or email [Ana.Eales@changemh.org](mailto:Ana.Eales@changemh.org)**

Our group is open to all carers supporting a person with mental health difficulties aged 18 and over. Peer support invites people to use their own experiences to help each other.

**[www.changemh.org](http://www.changemh.org)**