



**22 May**  
**10:30-**  
**12:30**

# Supporting the Mental health of loved ones with learning disabilities



**A conversation  
for carers  
with special  
guests**



**Dr Vatsala Mishra**



**Dr Kate Blamires**

Join us for an open discussion on how to support the mental health of the person you care for.

Vatsala and Kate will share practical insights and strategies on:

- Anxiety and related behaviours
- Depression
- Social isolation
- Behaviour that challenges
- Relationships and sexuality

Connect and Learn  
Sessions for carers  
**Every Friday**  
**10:30 to 12:30**

Woolwich Waves  
49 Woolwich New Road  
London SE18 6EU

**No booking required**  
**Level access**  
**Free parking for 3 hours**  
**at Tesco nearby**



Join the Carers Social Group  
for carers of learning disabled adults  
[www.carerssocialgreenwich.com](http://www.carerssocialgreenwich.com)