

# Action for Carers and Employment (ACE) Surrey



## FREE WORKSHOPS FOR CARERS

**January - March 2012**

To book please call us on **(01483) 565874** or **(01737) 244220**

or email **Yvonne.ace@actionforcarers.org.uk**

Workshop	Date	Venue
Stress Awareness	Wed 1st & Thur 2nd Feb 10am-1pm	Redhill
New Beginnings	Wed 18th January 9.30am-4.30pm	Guildford
Confidence & Assertiveness (2 days)	Tues 7 & Wed 8 Feb 9.30am-2.30pm	Guildford
Presentation Skills (2 days)	Wed 28 & Thur 29 March 9.30am-2.30pm	Guildford
IT Skills - Moving On	contact ACE for dates 9.30am-4pm	Guildford
IT Skills - Moving On	contact ACE for dates 9.30am-4pm	Englefield Green

**[www.acesurrey.org.uk](http://www.acesurrey.org.uk)**

**Support with travel costs may be available - please call to discuss.**

**Coffee & Tea provided. Bring a packed lunch.**



