mnda
motor neurone disease
association

action
mental
health



Carers Adapting to Life with MND (C.A.L.M)

The MND Association in partnership with Action Mental Health is pleased to offer a new online programme dedicated to supporting carers of people living with MND in Northern Ireland.

C.A.L.M is a free, six-week programme designed to build self-resilience and provide you with the strategies and support you need to help you in your caring role.

Every week, we will cover a different topic designed to help you manage the day-to-day challenges of caring for a person with MND:

- Coping with change
- Self-help strategies
- Managing stress
- Self-esteem
- Communication and relationships
- Local support available

You will also have the opportunity to speak with other carers, share your experiences of caring and hear about the local services and support available to you.

The programme begins online on Wednesday 30 October at 6.30pm and will run every Wednesday until 4 December. You can attend all or some of the sessions as appropriate.

To register, or to find out more, please contact Louise Hughes at louise.hughes@mndassociation.org

To find out about the wider work of the MND Association please visit www.mndassociation.org

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