



Are You Aged Between 17 + 19 and Look After Someone at Home?

FREE

These workshops
will support you with your
preparation for transition –
from young carer to Young
Adult Carer.

Welcoming Transitioning Group, Preparation Pathways 17 plus

Wednesday 9 August, 11.00 am- 12.30 pm at the YMCA, Sutton Coldfield

Preparation for Transition, YMCA pre-visit 15 - 17 year olds

Thursday 24 August, 11.00 am- 12.30 pm at the YMCA, Sutton Coldfield

Ambitions, Aspirations & Achievements

Monday 30 October, 11.30 am - 1.00pm, for 17+ at YMCA, Sutton Coldfield

Healthy Wellbeing Options and Techniques

Monday 12 February 2024, 1.30 - 3.00 pm for 17+ at YMCA, Sutton Coldfield

Budgeting & Finance Independent Living

Wednesday 29 May 2024, 1.00 - 2.30 pm for 17+ at YMCA, Sutton Coldfield

How to Book

Book via the QR code or
contact Alan Burrows
or Lydia Green on

0121 354 5614

YAC@birminghamcarershub.org.uk



YMCA | Here for young people
Here for communities
Here for you