

Caring with Confidence

An 8-week daytime course designed to support family carers build confidence, learn skills and feel supported in their roles.

Starting: Monday 21st September
10.30am – 12.30pm

**Rahoonane Community Centre,
Tralee,
Co. Kerry, V92 D9HF**

The course covers key topics such as practical care skills, communication, rights and entitlements, safety in the home, first aid, and self-care.

Participants will have the opportunity to connect with other carers, share experiences, and build a supportive network.

A certificate of completion will be awarded at the end of the course.

Interested?

Places are limited,
to book your place

Email Michelle: training@familycarers.ie

