

CARING WELL THINKING WELL

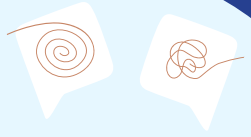
For carers of people with a palliative diagnosis, living in the Southern Trust Area



A three- week group programme to share experiences, build confidence and learn new skills in your caring role.



CARING WELL THINKING WELL



A group programme to connect with others in similar circumstances. With any group, no matter how tough the topic, there will be a few laughs along the way!

Weekly sessions will:

- Give you time and support for you to think about what really matters both now and, in the future
- Encourage the use of relaxation and mindfulness techniques
- Practical advice on symptom and medication management
- Signpost you to other services and resources
- Give you access to support from our team

HOW TO REGISTER:

- Call our Patient & Family Support Team Manager on 028 3026 7711 or email communityservices@southernareahospiceservices.org
- Visit our website www.southernareahospiceservices.org/community-outreach-services
- Scan to access referral form

