



North Tyneside  
Carers' Centre

## TAKING STEPS FOR TOMORROW...

North Tyneside Carers' Centre are launching dedicated new support for bereaved carers.

Running from October - March 2021, bereaved carers will have the opportunity to take part in a range of activities as we take the necessary steps together for what "tomorrow" brings.

**Join us for our next programme introduction meeting  
1pm, 18th November 2020  
via Zoom**

### **At this meeting we will be covering the following:**

- The planned support including the challenges for bereaved carers and coping with change.
- We also have social and therapeutic activities planned together with Mindfulness sessions which we'll discuss in more detail.
- One to one support which will also be available for carers.

*These sessions are free to carers based in North Tyneside*

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#### **To sign up:**



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