

# Planning for Change - Taster Session

*Bereavement and loss*

**Thursday 25th March 11am - 12pm on Zoom**

Moving on from caring can be a difficult time, especially coupled with the loss of the person you cared for. You may be experiencing loss in a number of different ways and this training will enable you to regain your confidence and plan for your new phase in life.

This training will cover:

- Help you to regain confidence and strength after a difficult period in your life
- Create a supportive environment with peers who are also bereaved carers
- Explore ways to move forward into the next phase of your life
- Feel hopeful for the future and make an action plan to regain a new sense of purpose

To book your place please email  
**[events@care4carers.org.uk](mailto:events@care4carers.org.uk)** or call **0131 661 2077**  
The Zoom links will be sent out once you have  
booked.