

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 or call 0131 661 2077 The Zoom links will be sent out once you have booked.

Care for Carers is funded by the Edinburgh Health and Social Care Partnership, NHS Lothian, Bank of Scotland Foundation, Short Breaks and Foundation Scotland.







Edinburgh Health and Social Care Partnership

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