



North Tyneside  
Carers' Centre

## COPING WITH CARING

Do you support someone who has a Mental Health condition?

During this 5 week programme you will explore how to support behaviour change and have an opportunity to meet and share experiences with other carers who understand.

**Wednesday (starting 14th April)**

**6-8pm**

**Online via Zoom**

This flexible and tailored programme will explore issues such as:

- dealing with guilt and unhelpful thinking
- setting boundaries
- dealing with behaviours that challenge us and enabling behaviours
- effective communication and being more assertive
- planning for emergencies
- how to take time out for yourself, looking after your own physical and mental health needs.

**To sign up:**

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North Tyneside Carers' Centre

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