

The Harbour: therapeutic group for carers



**Do you look after someone with a life threatening illness?
If so then this group could be for you.**

Caring for someone who is ill puts pressure on everyone. Carers can find it hard to think or talk about their own needs. Many feel conflicting emotions such as love, hate, sadness, guilt, resentment, anger, and more, all at once. Some are overwhelmed with anxiety or fear for the future. Many feel very isolated.

A therapeutic group can help you recognise that you are not alone. It offers a safe and supportive environment to explore and understand your feelings.

The group will draw on life experiences as a way of helping people make sense of what they are facing now. Sessions will help you to communicate more effectively, and you'll be able to take this into relationships in everyday life, with family, friends and colleagues.

The group will meet weekly for a 6 month period, and will be led by an experienced group facilitator. The Harbour is a charity providing free counselling and psychotherapy to individuals, couples and groups affected by life threatening illness.

To find out more, please contact:

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