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## Thoughtful Healing For Carers



### ARE YOU STRUGGLING?

Could you really do with someone to talk to? Someone outside your circle of family and friends; someone to whom you can say exactly what is spinning around in your head with 100% confidentiality

Do you want to speak to someone who has been through what you are going through and more importantly, understands that every single situation is different?

And after having that listening ear, could you do with some help to manage your anxieties and help you re-energise and move forward in this most difficult of times?

If so, I am here for you.

My name is Angela, I am a qualified NLP Practitioner and have a Diploma in Counselling.

I cared for my wonderful mum for years through dementia, strokes and macular degeneration and then had to take the painful decision of moving her to a care home when it was no longer the right thing to keep her at home, for her or me.

I then wanted to find a way to be there for people in the same situation, to support them and give them ways to help manage their feelings and energies, so I trained as an NLP Practitioner.

I would like to offer one or two sessions at the Dementia Hub Coventry to give you an opportunity to talk, be listened to without judgement and give you a couple of coping strategies.

The charge for room hire for 1 hour is £5 which would be payable by you, and is of course supporting the Dementia Hub at the same time.

If you are interested, please call me on 07752 437649 and we can arrange a mutually convenient time and I will arrange room availability.