



Do you love and care for someone with a learning disability and behaviour described as challenging?

Do you sometimes find yourself stressed?

What is it? A taster workshop leading to a course for family carers who care for an adult with a learning disability and challenging behaviour.

Where is it? Sunderland, Gateshead, South Tyneside, Newcastle and Northumberland. Exact venues will be confirmed soon.

What will it involve?

- Learning new ways to manage stress.
- Understanding behaviours that challenge.
- Exploring difficult feelings and ways to cope with them.

When? The taster sessions and course will be held between April and October 2017. We will be able to let you know about specific dates when you get in touch.

How do I find out more? Contact Megan Thomson, Research Assistant with Northumberland Tyne and Wear NHS Trust on **01670 396130** or 07780 684608 or email megan.thomson@ntw.nhs.uk

“I wish this had been available sooner, I find I’m coping much better now”

“Made me think more about myself”.