

# Sunderland Carers' Centre



## CARING WITH CONFIDENCE

A resource for carers of someone with substance misuse/addiction problems and their families

AT

**SUNDERLAND CARERS' CENTRE  
THOMPSON ROAD  
SUNDERLAND SR5 1SF**

**Telephone 0191 5493768**

These sessions will give you the opportunity to hear from other carers in a similar caring role to yourself and give you time to learn about and share coping strategies that can help in your caring role.

**The evening sessions will take place from 6.00pm until 8.15pm on:**

**Tuesday 2<sup>nd</sup> August – Caring and Communicating**

*Exploring strategies for effective communication*

**Tuesday 9<sup>th</sup> August – Caring and Coping**

*Including planning ways of coping with stress and difficult emotions*

**Tuesday 16<sup>th</sup> August – Caring and Life**

*Getting the balance right for you by focusing on aspects that are under your control*

**Tuesday 23<sup>rd</sup> August – Caring Day to Day**

*Looking at your own skills and knowledge and identifying steps to take forward to deal more confidently in your caring role.*

A Carer who completed previous sessions said:

'I have benefited from the course by meeting others in very similar situations as myself. I now don't feel so isolated. The actual course has helped me think more clearly and honestly and learn effective strategies for the many situations and emotions in my caring role.'

**For further information and to book a place please contact Sunderland Carers Centre on 0191 5493867 or email [vera@sunderlandcarers.co.uk](mailto:vera@sunderlandcarers.co.uk)**