



## Support Groups



### Life After Caring

Have you been a carer for a loved one?

Has this now changed? - Not necessarily due to bereavement but perhaps a change in living arrangements

Do you find yourself with time on your hands?

Do you need some help with benefits advice, emotional support or would just like to meet other people who understand how you are feeling?

Would you like some help with the next steps?

Why not come along to one of our meetings to see if we can help?

**Second Thursday of the month from 2.30 - 4pm  
Devonport Library, St Aubyns Church, Chapel St,  
Devonport, Plymouth PL1 4DP**

**2019 ~ 10th Jan ~ 14th Feb ~ 14th Mar ~ 11th Apr ~ 9th May ~ 13th Jun ~  
11th Jul ~ 8th Aug ~ 12th Sept ~ 10th Oct ~ 14th Nov ~ 12th Dec**

**Fourth Friday of the month at Ambito Care, 76 Cornwall Street,  
Plymouth PL1 1LR from 10.30 - noon**

**2019 ~ 25th Jan ~ 22nd Feb ~ 22nd Mar ~ 26th Apr ~ 24th May ~ 28th Jun  
26th Jul ~ 23rd Aug ~ 27th Sept ~ 25th Oct ~ 22nd Nov**

We will have a mixture of professionals attending sessions as well as social activities. If you would like to know more please contact the office.



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