

Time to Talk

Helping you adjust
to a new normal



Phyllis
Tuckwell
Hospice Care
...because every
day is precious

Fridays
10.15-11.45am
The Beacon Centre

Who am I now?

Coping

Easing fears

Talking to
family

Relieving
stress

Alleviating
anxiety

Preparing for
the future

A chance to get together with others in similar situations and share experiences.

For more information about these sessions, please contact the Living Well team on **01252 729422** or email livingwell@pth.org.uk.

Please note: these groups are for patients only.

Feel free to just drop in, there is no need to book.

Living
Well