

4 x Interactive Sessions



**Want to be a supportive friend to someone living with a chronic illness?**

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This interactive course (4 x 2hr sessions) will help you to become an 'informed friend' who is equipped to provide meaningful support and targeted encouragement to help a person living with a chronic condition to move forward with their life.

Topics include:

- Living with change
- Challenging feelings and emotions
- Shifting identity
- Understanding transition
- Physical pain/fatigue
- Experiencing loss and grief
- Maintaining relationships
- Realistic hope
- Promoting self-care

**DATE/S:**.....

**TIME:**.....

**VENUE:**.....

**For more information contact:**



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