

Time Out for Carers

St Teresa's Hospice



Reg Charity No. 518394

If you look after or support someone with a life-threatening illness you may find it helpful to meet with others in a similar situation.

Here at St Teresa's Hospice, we offer a regular "drop-in" group where you can share your experiences with others or simply relax for a while.

We also have experienced staff who can offer information, advice or simply listen to your concerns.

Why not come along and meet us for a chat over a cup of tea or coffee?

All are welcome

The group meets **every second Wednesday** of the month,
between 6.30-8.00 pm, at the Hospice

2010

November 10th

December 8th

2011

January 12th, February 9th, March 9th

April 13th, May 11th, June 8th, July 13th

For more information please contact

The Family Support Team

St Teresa's Hospice, Darlington

01325 254321

www.darlingtonhospice.org.uk