



Counselling for Caregivers

Person-Centred Therapy

- Are you providing care or support to a relative or friend?
- Is this something you are facing?
- Do you need someone to talk to?

Contact Gill Read

T: 07488 331066

E: counsellingforcaregivers@gmail.com

www.sharedays.co.uk

- **Share your feelings in a confidential environment**
- **Talk to someone who understands your situation**
- **Find new ways to cope**

Gill Read is a qualified counsellor, alongside providing a service for people living with dementia.

Gill has many years experience of being a caregiver to her father, as well as working with caregivers. She understands the issues associated with caregiving.

