

Women's Support Group

Wednesday Mornings
10.00 am - 12.00 noon
at

WHIST

Salus House, 33 Mile End Rd
South Shields
Crèche available
(pre booking required)

Opening hours

Mon - Thurs: 9.00am - 4.30pm

Fri: 8.30am - 4.00pm

Testimonials:

"The jigsaw group gives so much support to everyone who attends. You can either sit and listen or if you feel up to it, share your problems. This group has been my salvation because I thought I was the only one in this situation".

"Since I have attended the group I have felt much stronger in myself. It has given me courage and confidence and I have made some brilliant friends".

The jigsaw is priceless. We all trust and care for each other - we may have met as strangers but because we share so much we have become true friends - we laugh and cry together and are there for each other.

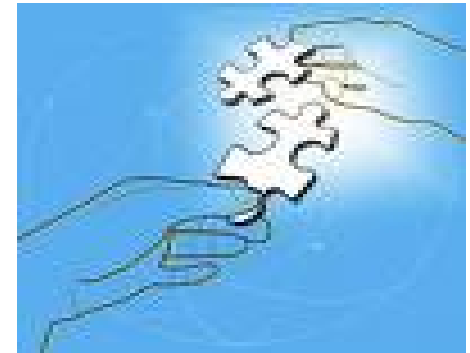


Registered Charity No 516516



INVESTORS IN PEOPLE

JIGSAW GROUP



Helping put the pieces
back together

**FAMILY
&
CARER
SUPPORT**

Does someone close to you use drugs or alcohol?

Would you like clear information on drugs or alcohol and their effects?

Would you like to improve family relationships?

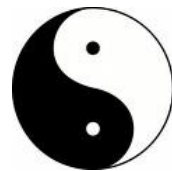
Would you like to reduce stress levels?

NECA Family and Carer Support Services aims to limit the harm that can result from drug and alcohol use

Our Family Support Team provides help and support, allowing family members and friends to have the opportunity to say how they feel about what has been happening in their lives.

Our aim is to help the whole family get well, by offering one to one support and group support in confidential and friendly surroundings

We also offer a range of complementary therapies which may help to alleviate stress and improve general wellbeing.



DESIGNED BY CURRENT CARERS
FOR CARERS

Women's Support Group

Is for family members and carers of anyone using drugs and alcohol and is held at WHIST in South Shields

Mixed Support Group

Is for family and friends of adult substance users and is held at NECA in South Shields.

One to One Support

You will be given a confidential, non judgemental service providing you with individual support and access to advice and information around your individual needs.