



Living Well North Tyneside

Supporting Health and Wellbeing

The group is led by experienced facilitators and provides a safe and supportive space for women to share their experiences, find comfort, and empower one another.

Over six-weekly 1.5 hour sessions the group explores a number of topics with content shaped by women with lived experience.

- Session 1 - Getting to know you
- Session 2 - Understanding gambling addiction
- Session 3 - Taking care of yourself
- Session 4 - Guilt, shame, enabling behaviours and setting boundaries
- Session 5 - Dealing with anger and resentment
- Session 6 - Having difficult conversations

The group is available to all women in the UK over 18 years old. Sessions are hosted over Zoom and run throughout the year.

If you're interested in registering or would like to know more, contact womenspathwaysupport@gamcare.org.uk or visit our [Way Forward web page](#).

*Way Forward is delivered by [GamCare's Women's Pathway](#). GamCare operate the National Gambling Helpline, providing information, advice and support for anyone affected by gambling harms. Advisers are available 24 hours a day on freephone 0808 80 20 133, via WhatsApp on 020 3031 8881, or via online chat at www.gamcare.org.uk.



0808 8020 133



womenspathwaysupport@gamcare.org.uk



Way Forward is delivered online.



Last Updated - 16th September 2024



Services

No Services

Things to do

No Activities

Sign Up for Living Well North Tyneside

Get all the latest news and information to help you to live well locally

[Subscribe Now](#)

