The group wants to help people manage their feelings better. It runs for 12 weeks.

We will do some assessments and questionnaires with you before the group starts.

Doing the assessments and questionnaires takes one or two sessions.

We will tell your Care Manager that you are doing the group. We also need to ask your key-worker and your carer some questions.

We will not talk about you to anyone else without asking you first.

- You can say ‘Yes’
- You can say ‘No’

After the group finishes we will do the questionnaires with you again.

Then we will write a report to tell staff how to support you better.

It’s your decision to take part or not.

- You can say ‘Yes’
- You can say ‘No’

If you want to ask any questions you can phone me. You have my phone number. Your key-worker will help you.

If you need to complain about anything, please talk to your centre manager.