



## You, Me & Grief is an 6-session programme for carers bereaved of someone with Dementia.

The programme will offer support and professional advice alongside peer support and community connections. This programme has been developed alongside carers with lived experience and will be delivered online.

## If you would like to find out more about the programme please contact:



Alzheimer Scotland - Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315 160 Dundee Street, Edinburgh, EH11 1DQ, 0131 243 1453, www.alzscot.org

Registered Charity SC022315