



Living Well North Tyneside

Supporting Health and Wellbeing

experiences, find comfort, and empower one another.

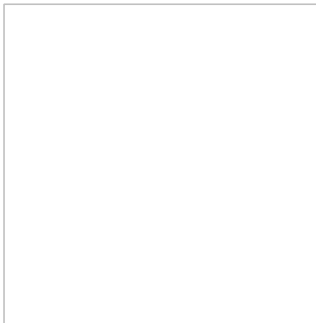
Over seven-weekly 2-hour sessions the group explores a number of topics with content shaped by women with lived experience.

- 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
- Session 7 - Wrap up

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, email 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.
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<https://www.gamcare.org.uk/news-and-blog/blog/way-forward/>

Last Updated - 24th April 2025



Services

No Services

Things to do

No Activities

