



## Family Carers' Email Network

Join our network of family carers where you can ask questions and share experiences with other families who have been in your shoes.

### 1 New Email!

Subject **Welcome to the Family Carers' Email Network! 1 reply**

From CBF Network <network@theCBF.org.uk>

Sent Monday 11.30

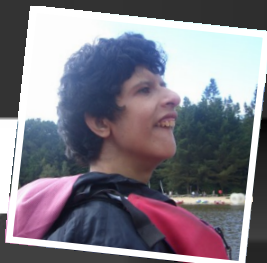
To you@your-email-address.co.uk

*"It's so good to get information, advice and encouragement from other families who have similar problems to ours. It's also good to help others from our own experiences." - Family carer*

Original message

### **Welcome to the family carers' email network!**

The email network is for families who have a relative with a **severe learning disability**. It puts you in touch with other **families** to share experiences, information and to receive and offer support—without any need to identify yourself.



*I just love the email network, it does not make me feel quite so isolated—Parent*

**To join the family carers' email network you'll just need to fill out our application form.**

Email [network@theCBF.org.uk](mailto:network@theCBF.org.uk) or [download the form www.challengingbehaviour.org.uk](http://www.challengingbehaviour.org.uk)

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