

## **Recruitment of participants for the Project "Strength is in us".**

We would like to inform you that the recruitment of Project participants has started for the following forms of support, which we intend to launch in April:

### **1. Psychological, legal and psychiatric help for the elderly and people with disabilities at risk and experiencing violence:**

- duty hours of specialists at the headquarters of SOW, Puławy, ul. Kołłątaja 64, in accordance with the schedule that will be posted on our website, in the "Norwegian project" tab,
- support also provided in the form of:
  - by phone: 81 458 69 94
  - online: [project.norweski@mops.pulawy.pl](mailto:project.norweski@mops.pulawy.pl)
  - at the Project participant's place of residence, if circumstances require it.

### **2. Support groups for:**

a. carers of people with Alzheimer's and dementia

b. carers of people with disabilities

- group meetings will be held at the SOW headquarters, ul. Kołłątaja 64, room 207, first floor, entrance from the parking lot,
- meetings with a frequency of 2 times a month, in accordance with the schedule that will be posted on our website in the "Norwegian project" tab.

Participants of support groups will have the opportunity to talk about difficulties, exchange experiences, relieve stress, gain distance to the difficulties they face on a daily basis. They will also be able to gain knowledge about the needs of the people they care for.

We invite people interested in taking advantage of the offered support.

### **Detailed information:**

MOPS in Puławy / SOW, ul. Leśna 17 / Kołłątaja 64

phone: 81 458 67 73 or 81 458 67 70, e-mail: [sekretariat@mops.pulawy.pl](mailto:sekretariat@mops.pulawy.pl)