



Chrysalis Centre for Change

Supporting Positive Mental Health

WE ARE A FRIENDLY VOLUNTARY ORGANISATION THAT PROVIDES SERVICES AND SUPPORT FOR WOMEN IN ST. HELENS AND SURROUNDING AREAS



All new referrals are required to attend an Assessment Appointment before accessing any of our services to ensure we are able to help and support you

All groups, courses & programmes are run by qualified & experienced Counsellors/Facilitators

Counselling

Counselling provides you with the opportunity to discuss any personal issues in a safe, confidential and non-judgemental environment. It allows the client to explore their feelings and work towards making positive life changes.

Counselling is available by appointment only

Courses

Confidence & Assertion Course

This 10-week course will help you build your self-esteem and confidence and learn the skills you need to become more assertive

Mondays 9.30 am - 12.15 pm

Stress & Anxiety Management Course

An 8-week course helping you to understand and manage stress and anxiety more effectively

Tuesdays 1 - 3.30 pm

Groups

Domestic Abuse Support Group

Emotional support for women affected by current or historical abuse

Thursdays 1 - 3.30 pm

Therapeutic Art & Craft Sessions

An friendly group for women who want to use arts and crafts to improve their well-being

Wednesdays 1.30 - 3.30 pm

Programmes

Positive Me Programme

An 8-week Programme using CBT interventions to help women with symptoms of depression develop long-term positive coping strategies

Thursdays 9.30 am - 12 pm

Journey Through Grief

An 8-week Programme offering emotional support and psychoeducation to women experiencing bereavement of an adult.

Fridays 1 - 3.30 pm

Chrysalis Centre for Change (CCC)

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Halton and St Helens



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