



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

Professional Counselling Service

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

Supported Drop-in

This informal group can help women who feel isolated or lonely or who want some time or space for themselves. Women can chat to others who may be experiencing similar issues or to one of our trained Support Workers

Mondays & Wednesdays
1.30 - 3.30 pm

Groups & 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 - 12.30 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

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

Domestic Abuse Support Group

Emotional support for women affected by current or historical abuse

Thursdays 1 - 3.30 pm

****NEW** Mindful Yoga in association with Yoga Reach.** Fridays 1—2pm
Suitable for all abilities, gentle yoga combined with mindfulness and relaxation.

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

For further information or queries contact
Chrysalis Centre for Change (CCC)

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