



# 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**

## Me-Time Afternoons

Our Me-Time Afternoon service is open two afternoons a week.

It is an informal group which can help women who feel isolated or lonely or who want some time or space for themselves.

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

**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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