

Chrysalis Centre for Change

Supporting, empowering and inspiring women to reach their full potential

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 delivered by qualified & experienced 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

Stress & Anxiety Management

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

Tuesdays 1 - 3.30 pm

Confidence & Assertion

This 10-week course will help you build your self-esteem and confidence and learn the skills you

need to become more assertive

Wednesdays 9.30 am - 12.15 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

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

Twice Monthly

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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Registered Charity 1117557


Halton and St Helens



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