

Chrysalis Centre for Change

Peter Street Community Centre

Peter Street

St. Helens

WA10 2EQ

Tel: 01744 451309

Email:

chrysaliscentreforchange@gmail.com

Web:

www.chrysaliscentreforchange.co.uk



Referrals

Referrals for all services can be made by your GP, other support agencies and organisations or yourself

All new Referrals will need to attend a one-to-one Assessment Appointment before they access services to ensure we are able to help and support them.



Comments from service users

“CCC has been a lifeline”

“A calming, relaxed, friendly place that makes me feel safe”

“There is a real sense of acceptance and trust”

“Thank you so much for listening & being there for me”

“CCC is empowering, informative, reassuring, confidence-building and helps me to cope”



CCC are funded by



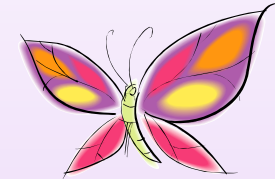
Halton and St Helens

Chrysalis Centre for Change

Registered Charity 1117557



Supporting Positive Mental Health



Chrysalis Centre for Change is a professional and friendly organisation that provides services and support for women in St. Helens and surrounding areas

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Groups & Courses

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

Confidence & Assertion Course

Mondays 9.30 - 12.30

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



Stress & Anxiety Management Course

Tuesdays 1 - 3.30pm

An 8-week course helping you to understand and manage stress and anxiety using positive strategies



Positive Me Programme

Thursdays 9.30 - 12 pm

An 8-week Programme using CBT (Cognitive Behavioural Therapy) interventions to help women suffering from the symptoms of depression to develop long-term positive coping strategies.



Domestic Abuse Support Group

Thursdays 1 - 3.30 pm

This group offers emotional support to women affected by current or historical domestic abuse.

Me-Time Afternoons

Monday & Wednesday

1.30 - 3.30 pm

Our Me-Time Afternoon service is open at the centre two afternoons a week. Women can come along and chat to others who may be experiencing similar issues.

This informal group can help women who feel isolated or lonely or who just want some time or space of their own.

Me-Time Afternoons are accessible to women once they have had an Assessment Appointment and been accepted into our services.

We also offer therapeutic craft activities, such as card making, within the Me-Time Afternoon sessions.

All sessions are overseen by a Counsellor and trained Support Workers



Professional Counselling Service

Counselling provides you with the opportunity to discuss any personal issues in a safe & confidential environment. The relationship between the Counsellor and the client is confidential and non-judgemental. The safety of this relationship offers the opportunity for the client to explore their feelings and work towards making positive life changes

The CCC Professional Counselling Service operates within the Code of Practice & Ethics of the British Association of Counselling & Psychotherapy (BACP)

All CCC Counsellors are Registered Members of the BACP. All Student Counsellors have been passed as "Fit to Practice" by the educational body where they are undertaking their Counselling qualification. This means they have completed sufficient training and have obtained the necessary skills in order to work with clients in a professional organisation

Counselling is available by appointment only.

