

# Chrysalis Centre for Change

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## 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.

## Chrysalis Centre for Change

Supporting  
Empowering  
Inspiring



## Comments from service users

**"I would like to say a big thank you. I was housebound until I found a safe environment"**

**"Words can't express how coming here has improved my life."**

**"CCC saved my life as well as my sanity"**

**"CCC has empowered me to live a better life."**

**"This is an excellent service for local women, for some a lifeline. It offers help and support just when you need it. Thank you."**

CCC is an amazing service with various courses to help become a better me! I am happy I took the step to contact CCC."

**"Vital support through a tough time."**



**Halton and St Helens**

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Supporting  
Empowering  
Inspiring



**Supporting, empowering  
and inspiring women  
to reach their full  
potential**



**Registered Charity 1117557**

## Groups & Courses

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

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### **Stress & Anxiety Management Course** Tuesdays 1 - 3.30pm

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



### **Confidence & Assertion Course** Wednesdays 9.30 - 12.15 pm

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.



### **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.

## Journey Through Grief

Fridays 1 - 3.30 pm

An 8-week programme for women experiencing bereavement, facilitated by qualified, experienced Counsellors. A welcoming, safe and confidential group offering emotional support and psychoeducation aimed at helping women find their path through grief and reconnect with themselves.

The programme will be open to CCC service users who have lost an adult. Suitability will be discussed in initial assessment appointment and referrals can be made to other specialised bereavement services.



### **Therapeutic Art & Craft Sessions** Twice monthly on Wednesdays 1.30 - 3.30 pm *Please contact the office for dates*

These sessions will be open to CCC service users who have an interest in using arts and crafts to improve their well-being.

Research shows that people who participate in arts and crafts feel happier, calmer, and more energetic. There is also evidence to show that being creative can improve brain function, alleviate depression, and improve self-esteem.

## 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.**

