

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

Chrysalis Centre
for Change

Supporting
Empowering
Inspiring



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



Registered Charity 1117557

Transform Your Life

A range of groups and courses to support, empower and inspire you to create the life you want

All women need to attend an Assessment before accessing any services



Courses

All courses can be accessed as soon as you've had your assessment appointment but are subject to waiting lists

Brave Women

(Anxiety management)

Tuesdays 9.30am - 12pm

An 8-week course helping you to embrace your life by understanding and managing **anxiety** with positive strategies and Cognitive Behavioural Therapy techniques.



Uplifted Women

(Managing depression)

Thursdays 9.30am - 12pm

An 8-week Programme to help women suffering from the symptoms of **depression** to develop long-term positive coping strategies.



Confident Women

(confidence/assertion skills)

Fridays 9.30am - 12.15pm

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.



Groups

All groups below can be accessed as soon as you've had your assessment appointment

Supported Women

(mental health support)

Mondays 1.30 - 3.30 pm

An ongoing emotional **support** group for women with mild to moderate mental health issues.



Empowered Women

(domestic abuse support)

Thursdays 1 - 3.30pm

Ongoing emotional support group for women affected by current or historical **domestic abuse**.



Creative Women

(therapeutic arts & crafts)

Wednesdays 1.30 - 3.30pm

Weekly **arts and crafts** group for improved 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

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

Counselling is available by appointment only.



Journey Through Grief

Wednesdays 9.30 - 12 pm

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

The programme is 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.