

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

Brave Women

An 8-week course to help you embrace your life by learning to manage your anxiety

Tuesdays 9.30am - 12pm

Confident Women

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

Fridays 9.30 am - 12.15 pm

Groups

Supported Women

Emotional support for women struggling with mild to moderate mental health problems

Mondays 1.30 - 3.30pm

Empowered Women

Emotional support for women affected by domestic abuse

Thursdays 1 - 3.30 pm

Creative Women

Arts & Crafts group to improve well-being
Wednesdays 1.30 - 3.30pm

Programmes

Uplifted Women

An 8-week programme 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.

Wednesdays 9.30am - 12pm

Chrysalis Centre for Change (CCC)

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Halton and St Helens



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