

You are receiving this message because you have recently registered with the Chrysalis Centre.

**By registering with us, you are agreeing to read and abide by the client contract (attached) BEFORE ACCESSING ANY SERVICES . Please contact us immediately if there is anything you don't understand.**

**During the assessment you signed up for one or more of the following services:**

### **Groups (access straight away)**

- **Creative Craft Group** - access straight away Tuesdays 1.30 - 3.30 (arrive at 1.15pm if you are anxious)
- **Empowered Women** (domestic abuse support group) in person on Thursdays 1.30 - 3.30 pm (arrive at 1.15pm if you are anxious)
- **Supported Women Online Group**- (mental health support group) - Mondays 1 - 2.30pm. Join any week by clicking on the link: <https://us02web.zoom.us/j/81109739315?pwd=UUdBWmdaMGJ2RkpJSURBTDN4elJwZz09>  
**Meeting ID:** 811 0973 9315 **Password:** 051656

### **Counselling (waiting list of 4-5 months):**

You will be contacted once an appointment becomes available.

### **Courses (waiting list to access):**

- **Brave Women** Course (for anxiety) - will start 2022 dates and times TBA
- **Uplifted Women** Course (for depression) - will start 2022 dates and times TBA
- **Confident Women** Course - will start 2022 dates and times TBA
- **Journey Through Grief** - TBA

### **Please note that:**

- Our courses have waiting lists therefore please let us know if you have changed your mind so the place can be offered to someone else.
- It is our policy to discharge clients who haven't engaged with our services for a period of 3 months. Your personal recovery depends largely on your own input and willingness to find and implement solutions to your problems, so we ask all clients to attend one or more of our weekly groups whilst they wait for counselling or courses to start (unless personal circumstances prevent you) to improve your chances of recovery and to ensure that you aren't discharged from services before your counselling / courses start.
- We ask for a £1 minimum donation each time you access the groups to help with our funds as we are a charity and rely on funding to keep our services running, please click on the **Donate with Paypal** link at the bottom of this email to donate (you do not need a paypal account)

Thank you

**Chrysalis Centre for Change**

*Supporting. Empowering. Inspiring.*

**Registered Charity 1188750**

**Please help to support our work with a gift of £1 or more by clicking on the "donate with paypal" link below. Thank you**

**[Donate with Paypal](#)**