

## Referrals

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

All new Referrals will need to complete an Assessment over the phone before accessing services to ensure we are able to help and support them.



## Contact Us

Chrysalis Centre for Change  
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25 College Street  
St Helens, WA10 1TF

Tel: 01744 451309

Text only: 07451 273710

E: [chrysaliscentreforchange@gmail.com](mailto:chrysaliscentreforchange@gmail.com)

W: [chrysaliscentreforchange.co.uk](http://chrysaliscentreforchange.co.uk)

Facebook: @chrysaliscentreforchange

Twitter: @CCCStHelens

## Comments from service users

*"Vital support through a tough time."*

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

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

*"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."



## A message from our CEO, Siân Thomas

In 2004, I was in the most difficult period of my life and I made the decision to reach out to the Chrysalis Centre for support. I will never forget how daunting that first step was, and how grateful I am for the life-changing support I received.



I went on to become a volunteer for many years before becoming a paid member of the team, and now many years later I am honoured to be the CEO of this wonderful charity that truly transforms lives. And I'm not alone, the team at Chrysalis all have personal as well as professional experience, giving us a unique empathy and understanding as we support, empower & inspire you into creating the life you want.

## Chrysalis Centre for Change

Supporting  
Empowering  
& Inspiring

women to reach their full potential



*Professional support  
services for female mental  
health & domestic abuse*

*We welcome all adults who identify as female.  
No postcode restriction for accessing virtual services*



Registered Charity 1188750

## Transform Your Life

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

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**An Assessment must be completed before accessing services. More information will be given about each service during this appointment**

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### Courses

All courses are subject to waiting lists

#### Brave Women

*(Anxiety management)*

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)*

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)*

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

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#### Supported Women

*(mental health support)*

Ongoing emotional **support** group by Zoom for mild to moderate mental health issues.



#### Empowered Women

*(domestic abuse support)*

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



#### Thriving Women

Domestic abuse **survivor** group for women who no longer require the in-depth support of Empowered Women, but still need the safety of a facilitated group to provide encouragement and support.



#### Creative Women

*(therapeutic arts & crafts)*

Weekly group for improved well-being. Research shows people who participate in **arts and crafts** feel happier, calmer, and more energetic. Being creative can improve brain function, alleviate depression and improve self-esteem.

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**As a Charity, we rely entirely on external funding and donations to offer you these services. As such, we ask for a minimum donation of £1 per session for every service, to help us to continue running. Thank you for your understanding**

## Counselling

Counselling provides you with the opportunity to discuss any personal issues in a safe & confidential environment. The safety of the relationship between the Counsellor and the client 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 appointments take place in person, by phone or by Zoom**



## Journey Through Grief

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

The Journey Through Grief Programme offers support calls and a welcoming, safe and confidential group facilitated by qualified, experienced Counsellors.

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**Halton and St Helens**