

Family Health & Wellbeing Group



We are delighted to offer four family-friendly parent group work programmes in six-week blocks. The group topics are: Healthy lives, Managing stress & anxiety, Positive choices supporting change, and Parenting. These groups are designed to support families in North Lanarkshire who are looking for resources to manage their mental health and relationships that may have been impacted by trauma.

We are happy to accept referrals from individuals or agencies. Referrals to be sent to:

Debbie O'Donnell, Family Wellbeing Practitioner
Tel: 07821 663469, Email: debbie.odonnell@circle.scot

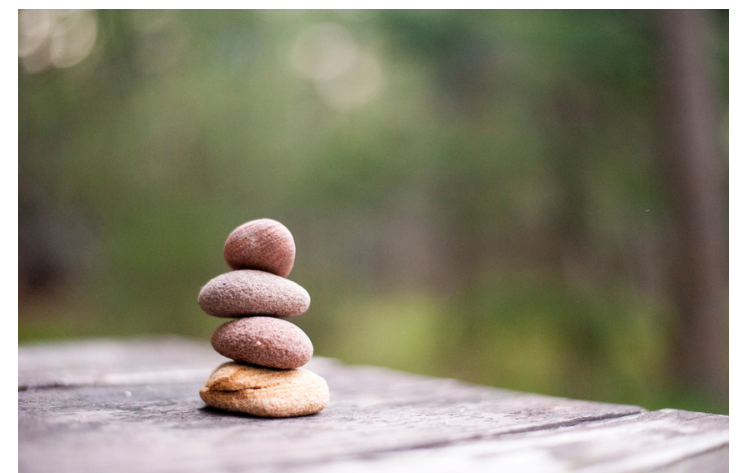
Kirsten McCully, Therapeutic Counsellor
Tel: 07775 195415, Email: kirsten.mccully@circle.scot

**Bellshill West
Parish Church
Main St,
Bellshill ML4
3DS**

MANAGING STRESS & ANXIETY 29TH AUG - 3RD OCT



- 29/08 What is stress & anxiety?
- 5/09 Managing unhelpful thoughts
- 12/09 Scenarios and outcomes
- 19/09 Tolerating Worry & Uncertainty
- 26/09 Coping Strategies
- 3/10 Bigger picture work & gratitude



**DOORS OPEN 11.30
STARTS AT 12**

If you need help with travel and/or childcare arrangements, please let us know when you get in touch. There is free on-site car parking available.

Buses: 201, 240, (5 minute walk)

Bellshill train station (8 minute walk).

Circle (SC037181) and Recovery Scotland (SC023353) are recognised as separate charity organisations by the office of the Scottish Charity Regulator.