

STRESS CONTROL



Stress Control classes will help us develop skills and techniques to manage common issues caused by modern day living such as stress, anxiety or low confidence, which can affect well-being.

The classes are delivered in local community facilities and consist of six sessions lasting 90 minutes each. We will not need to speak about our issues during the class. Just sit back and listen about helpful stress control techniques*. Feel free to bring someone along with you for support.

* **Some of the issues covered during the sessions are:**

- Learning about stress
- Controlling your body
- Controlling your thoughts
- Controlling your actions
- Controlling panic & sleep problems
- Wellbeing & controlling the future

To find your nearest class and book a free place phone **0300 303 0447**
or email: stresscontrol@lanarkshire.scot.nhs.uk

Alternatively just go along to the class of your choice.

RUTHERGLEN	Rutherglen Town Hall , 139 Main Street, Rutherglen G73 2JJ Wed 4 th April – 9 th May 2018, 1:30pm – 3:00pm
HAMILTON	University West of Scotland Campus , Almada Street, Hamilton ML3 0JB Wed 18 th April – 23 rd May 2018, 2:30pm – 4:00pm
MOTHERWELL	Motherwell – Hope United Church , 98 Orbiston Street, Motherwell ML1 1PX Wed 18 th April – 23 rd May 2018, 1:00pm – 2:30pm
EAST KILBRIDE	Hairmyres Hospital Lecture Theatre, Eaglesham Road, East Kilbride G75 8RG Thurs 3 rd May – 7 th June 2018, 6:00pm – 7:30pm
CUMBERNAULD	New College Lanarkshire, Cumbernauld Campus , Town Centre, Cumbernauld G67 1HU Wed 9 th May – 13 th June 2018, 6:00pm – 7:30pm
CLYDESDALE	Carlisle Leisure Centre , 135 Carnwath Road, Carlisle ML8 4EA Wed 16 th May – 20 th June 2018, 6:00pm – 7:30pm
COATBRIDGE	New College Lanarkshire , (Main Hall), Kildonan Street, Coatbridge ML5 3LS Tues 22 nd May – 26 th June 2018, 6:00pm – 7:30pm
WISHAW	Wishaw Library , The Houldsworth Centre, Kenilworth Avenue, Wishaw ML2 7LP Wed 23 rd May – 27 th June 2018, 5:30pm – 7:00pm

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FREE

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RUTHERGLEN

Rutherglen Town Hall, 139 Main Street, Rutherglen G73 2JJ
Tues 9th Jan – 13th Feb 2018, 6:00pm – 7:30pm

CUMBERNAULD

New College Lanarkshire, Cumbernauld Campus, Town Centre, Cumbernauld G67 1HU
Wed 10th Jan – 14th Feb 2018, 2:00pm – 3:30pm

BELLSHILL

Bellshill Cultural Centre, John Street, Bellshill ML4 1RL
Wed 17th Jan – 21st Feb 2018, 1:00pm – 2:30pm

WISHAW

Volunteer Centre, 9-11 Kenilworth Avenue, Wishaw ML2 7LP
Mon 22nd Jan – 26th Feb 2018, 10:00am – 11:30am

EAST KILBRIDE

Hairmyres Hospital Lecture Theatre, Eaglesham Road, East Kilbride G75 8RG
Thurs 8th Feb – 22nd March 2018, 6:00pm – 7:30pm ***NO CLASS ON 22ND FEBRUARY***

CLYDESDALE

Carlisle Leisure Centre, 135 Carnwath Road, Carlisle ML8 4EA
Tues 20th Feb – 27th Mar 2018, 6:00pm – 7:30pm

COATBRIDGE

New College Lanarkshire, 101 Park Street, Kildonan Street, Coatbridge ML5 3LS
(adjacent to Coatbridge College)
Tues 20th Feb – 27th Mar 2018, 6:00pm – 7:30pm