

STRESS CONTROL

FREE

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 for further information 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 Tues 8 th January – 12 th February 2019, 6:00pm – 7:30pm
CUMBERNAULD	New College Lanarkshire, Cumbernauld Campus , Town Centre, Cumbernauld G67 1HU Wed 9 th January – 13 th February 2019, 2:00pm – 3:30pm
BELLSHILL	Bellshill Cultural Centre , John Street, Bellshill ML4 1RJ Wed 23 rd January – 27 th February 2019, 1:00pm – 2:30pm
HAMILTON	Whitehill Neighbourhood Centre , 9 Hunter Road, Whitehill, Hamilton ML3 0LH Wed 23 rd January – 27 th February 2019, 3:00pm – 4:30pm
WISHAW	Volunteer Centre , 9-11 Kenilworth Avenue, Wishaw ML2 7LP Tues 5 th February – 12 th March 2019, 2:00pm – 3:30pm
EAST KILBRIDE	Hairmyres Hospital Lecture Theatre , Eaglesham Road, East Kilbride G75 8RG Thurs 7 th February – 14 th March 2019, 6:00pm – 7:30pm
COATBRIDGE	New College Lanarkshire , (Main Hall), Kildonan Street, Coatbridge ML5 3LS Tues 19 th February – 26 th March 2019, 6:00pm – 7:30pm