

Stress Control

A FREE 6-week Stress Management Programme



A CHOICE OF 3 FREE STRESS CONTROL PROGRAMMES:

Skainos Centre 239 Newtownards Rd Belfast BT4 1AF	Falls Road Library 49 Falls Road Belfast BT12 4PD	Linen Hall Library 17 Donegal Sq. North Belfast BT1 5GB
Monday Evenings 6:30pm-8:00pm	Tuesday Evenings 6:30pm-8pm	Wednesday Afternoons 12:30pm-1:30pm
2nd November - 7th December 2015	3rd November – 8th December 2015	4th November - 9th December 2015

(see overleaf for details of the course and directions to venues)

**If you are currently suffering from stress,
know someone who is or just want to be better equipped,
then this is the course for you!**

Search “Stress Control NI” on Facebook to find more Stress Control
classes across Northern Ireland.

To register interest please contact Audrey on (028) 95 042689.
There is no need to book a place. Just turn up on the night.

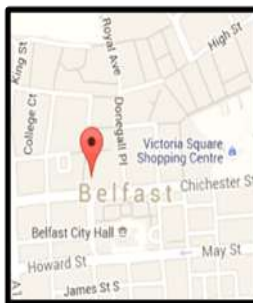
What is Stress Control?

- Stress Control was devised by Dr. Jim White in Glasgow and is now used widely around the world.
- The class runs once a week for 6 weeks and teaches skills and techniques for managing stress.
- Topics covered include: an overview of what stress is, controlling your body, controlling your thoughts, controlling your actions, getting a good night's sleep and planning for the future.
- Stress Control is a class not 'group therapy' – you do not have to talk about personal difficulties in front of others.
- You are encouraged to attend all 6 sessions to get the most benefit.
- Stress Control classes are free.
- Come along by yourself or feel free to bring a friend or family member with you.

Stress Control Venues



Skainos Centre
239 Newtownards Rd
Belfast
BT4 1AF
Tel: 028 9045 8560



Linen Hall Library
17 Donegal Square North
Belfast
BT1 5GB
Tel: 028 9032 1707



Falls Road Library
49 Falls Road
Belfast
BT12 4PD
Tel: 028 9050 9212



Belfast Health and
Social Care Trust