



To Wellness, Wellbeing and Recovery

Stepping Stones Services - November 2020

Groups - via the Zoom App and face to face.

Social group - Tuesdays 2-3.30pm

Reflect and Connect - Wednesdays 2-3.30pm

Connections - Thursdays 2-3.30pm

Peer2Peer groups - Various times

T'ai Chi - Clydebank Community Sports Hub on Wednesday and Thursday mornings.

We have also designed online sessions which are on our [YouTube page here](#).

1:1 Support Sessions - Via telephone, Video Link and face to face.

- Person-Centred Therapy (Counselling) - up to 12 sessions of therapy.
- Cognitive Behavioural Therapy - up to 12 sessions of therapy.
- Individual Support – Practical and emotional support with goal setting. Normally lasts between 3-6 months but there is flexibility about timings.

All face to face work is risk assessed and follows current Scottish Government guidelines

Virtual "Drop in" Support - For service members who are registered with us. If service members feel their mental health has taken a dip they may benefit from having someone to speak with for practical and emotional support without having long waits. Members can contact us directly when this is required.

New Referrals - You should be at least 16 years of age and live in West Dunbartonshire. Referral forms are available from our main office on 01419412929 or admin@stepstones.org.uk, or through completion of our [online form by clicking here](#).