

To Wellness, Wellbeing and Recovery

Stepping Stones Services - December 2021

Groups - via Zoom or 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 (Digital groups, Wellness Recovery Action Planning)

Stress, Anxiety and Wellbeing Classes - Details in our newsletters [here](#).

Relaxation and Tai Chi Classes - Facilitated in blocks of 10 classes in local centres.

Bereavement and Loss Support Service.

- 1:1 and group support and courses offered to people who have recently experienced a bereavement or loss.

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

- Person-Centred Therapy (Counselling) - up to 8 sessions of therapy.
- Individual Support – Practical and emotional support with goal setting. Normally lasts between 3-6 months but there is flexibility about timings.
- Guided Self Help - CBT based support over 4-6 sessions.

Virtual "Drop in" Support - For service members who are registered with us. 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.

People can self-refer. Referral forms are available from our main office on 01419412929 or admin@stepstones.org.uk, or through completion of our online form at www.stepstones.org.uk/referrals/

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