

Stepping Stones Services

Groups - Mostly in person at various locations across West Dunbartonshire following the Recovery College approach (microlearning opportunities with a social element)

Social Events - Regular one off monthly events for service members, for example, quizzes, bingo.

Gender based groups - In person and online at various times.

Peer2Peer groups - Various times during the month. This is an opportunity to tell us what you think!

Aspire to... Social Networking Peer Group self managed by Stepping Stones members - meets weekly face to face and access by referral only

Relaxation Classes - Re-established in Clydebank and Dumbarton

Tai Chi - Re-established at Dalmuir CE Centre for 10 weeks- Members on the list will be contacted.

Bereavement and Loss Peer Support group - Accepting referrals for this group!

Bereavement and Loss Therapeutic Group Support - Accepting referrals for this group!

Distress Service - Started on the 21st March 2022 and accepting referrals.

Recovery College - Started on the 31 January 2022 and accepting referrals.

1:1 Support Sessions - All in person, via telephone and video link.

Person-Centred Therapy (Counselling) - time limited therapy on a one to one basis.

Individual Support - Practical and emotional support with goal setting.

Peer Support - 1:1 support for people who would benefit from working with a Support Worker with lived experience.

Guided Self Help - Workbook/sheet based brief support over 4-6 sessions for people who are experiencing stress, anxiety and low mood, usually lasting for 6-8 weeks.

Digital Stepping Stones - 1:1 and group support for people who experience digital exclusion.

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/