

Simpson House Counselling & Recovery Courses

One client said:

"I feel the staff made me feel so welcome and I really enjoyed the course and can't thank the staff and students enough for making this group work and I recommend it to others as I'm so thankful and grateful for this lovely experience as my anxiety levels were everywhere and now I understand. Thanks"

About us

At CrossReach we believe that with the right support Scotland's children, young people and families can thrive and succeed.

We have been at the forefront of high quality care for 150 years and today we are one of the largest care providers in Scotland.

CrossReach is the operating name of the Church of Scotland Social Care Council.

CrossReach Simpson House Counselling & Recovery

Simpson House
52 Queen Street
Edinburgh EH2 3NS

Tel: 0131 225 6028
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Managing Anxiety Using Self Compassion



The Church of Scotland
Social Care Council

Operating as CrossReach, Scottish Charity No: SC011353

www.crossreach.org.uk



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Managing Anxiety Using Self Compassion

Everyone at some point in their life can feel anxious; feel like they want to avoid people; feel self-conscious and lack confidence.

Our six week course can help you address these issues:

- Would you like to understand more about anxiety and find ways to manage it?

- Would you like to learn how to be more compassionate to yourself and others and grow in confidence?
- Do you use drink or drugs or avoid people in order to cope with your anxiety?

We will invite you to a welcome meeting. If the group is right for you we would invite you to join the next one.

Our programme:

Week 1: Introducing anxiety and self-compassion

Week 2: Stories we tell ourselves, becoming aware of negative bias

Week 3: Understanding and setting boundaries

Week 4: Valuing yourself

Week 5: Self-compassion for managing emotion

Week 6: Looking forward with self-compassion. Ending and achieving



Paul Nicholson,
Recovery Worker



Liz Forrester,
Recovery Worker

Contact us:

We are running a 6 week course throughout the year on Tuesdays 10:45am - 12:30pm.

If you'd like to find out more about the group please contact either Paul or Liz, the group leaders, by phone or email:

Tel: 0131 225 6028

Email:

paul.nicholson@crossreach.org.uk

or

liz.forrester@crossreach.org.uk

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