

Chertsey
Every Thursday
2.00 - 3.00 pm



Positive Change


Building Healthy Coping Strategies for a Better Future

Are you looking for practical ways to manage stress, improve your wellbeing, and make positive changes in your life?

Positive Change is a supportive group designed to help people develop healthier coping strategies, increase self-awareness, and build the confidence needed to move forward.

 catalystsupport.org.uk/activity-timetable/

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