



A Good Place to Start

FREE PROFESSIONAL COUNSELLING SERVICE

'A Good Place to Start' group counselling support service takes place:

**Every Saturday
10am to 12pm
At the Burnside Centre**

This free counselling service runs every Saturday 10am-12pm. People can attend as many sessions as needed. Lots of areas are covered and no issue is too big or too small.

Topics on confidence, self-esteem, coping strategies and assertiveness also take place within the sessions.

The weekly support sessions are facilitated by Counsellor Sarah Finnegan who is a fully qualified, insured and registered member of BACP (British Association for Counselling and Psychotherapy).

The main focus of these sessions will be around emotional well-being. The sessions will create a safe place in which people can express themselves, explore emotions and work through any areas of their life which they require professional support in.

We understand that taking that first step can be daunting but we're here to support you every step of the way!

To register for this service please call 0161 643 5775 or pop into the Burnside Centre and ask for Joan or Kerry and we can have a friendly chat about how we can best support your needs.

PROUDLY SUPPORTED BY
TONY LLOYD
POLICE & CRIME COMMISSIONER
GREATER MANCHESTER

Burnside Centre, Burnside Crescent, Langley, Middleton, Manchester, M24 5NN. 0161 643 5775

burnsidecentre@btconnect.com www.burnsidecentre.org.uk

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