

# Stress Control

## A 6-week stress management programme

The NH&SCT in conjunction with Monkstown Village Initiatives are offering a choice of 3 **FREE** Stress Control programmes.

CHOICE 1	CHOICE 2	CHOICE 3
Monkstown Village Centre Newtownabbey, BT37 0HS	Oakfield Community Centre Carrickfergus, BT38 7SP	Dunanney Centre Rathcoole, BT37 9DQ
Tuesday Evenings 7:00pm–8:30pm	Wednesday Evenings 7:00pm–8:30pm	Thursday Mornings 11:00am–12:30pm
11 <sup>th</sup> Feb – 18 <sup>th</sup> Mar	12 <sup>th</sup> Feb – 19 <sup>th</sup> Mar	13 <sup>th</sup> Feb – 20 <sup>th</sup> Mar

*(see overleaf for details of the course and directions to the venues)*

***If you are currently suffering from stress, know someone who is or just want to be better equipped, then this is the course for you!***

To register your interest please contact Monkstown Village Initiatives on (028) 9086 0090.

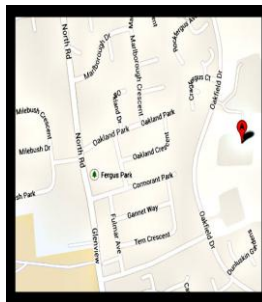
# What is Stress Control?

- Stress Control was devised by Dr. Jim White in Glasgow and is now used widely around the world.
- The class runs once a week for 6 weeks and teaches skills and techniques for managing stress.
- Topics covered include: an overview of what stress is, controlling your body, controlling your thoughts, controlling your actions, getting a good night's sleep and planning for the future.
- Stress Control is a class not 'group therapy' – you do not have to talk about personal difficulties in front of others.
- You are encouraged to attend all 6 sessions to get the most benefit.
- Stress Control classes are free.
- Come along by yourself or feel free to bring a friend or family member with you.

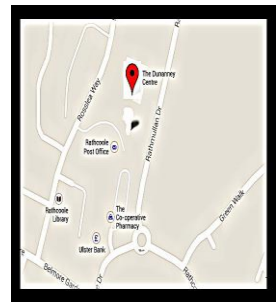
## Stress Control Venues



18 Monkstown  
Village Centre,  
Monkstown Road,  
Newtownabbey.  
BT37 0HS  
Tel: 028 9086 0090



Oakfield  
Community Centre  
Oakfield Drive  
Carrickfergus  
BT38 7SP  
Tel: 028 9336 4747



The Dunanney Centre  
Rathmullan Drive  
Rathcoole  
Newtownabbey  
BT37 9DQ  
Tel: 028 9086 1941