



Our current workshop menu

Is Anger A Problem?.....£FREE

Do you often lose your temper? Do you get angry more than most people? Find out why – and what to do about it.

Boost Your Confidence.....£FREE

Especially for those people who feel they lack confidence, we show you some ways to take charge of your life.

Controlling Panic Attacks.....£FREE

Find out what panic attacks are and learn ways to keep yourself calm

Life Coaching For Beginners.....£FREE

Want to know more about how life coaching could transform your life? Mel runs regular taster workshops to give you a flavour!

Conflict Resolution Skills.....£FREE

If you're the sort of person who is always getting into arguments - learn about alternative ways to resolve conflicts in your life.

These one-off workshops take place at 72

Queen's Road, Croydon at after-school times. They last 1-1 ½ hours. Booking is essential. Be prepared to learn and have fun! See back page for up-coming dates.

You say...

"[the person running the workshop was] very good, makes you feel normal, not awkward."

"It was good to get my feelings out."

"[I liked best] meeting people and overcoming my own personal problems."

"It helped my realize what triggers my anger"

"They listened to me without judging me"

"very informative...I learnt a lot about panic attacks"

"supportive, inspiring, funny"

"I liked it all!"

Main Meals

Our groups and courses offer ongoing support and a chance to work at greater depth than our workshops.

The Anger And Conflict Course (6 Weeks).....£FREE

In this course we have more time to look at changing some of the thoughts that can trigger angry outbursts. We also look at and practice conflict resolution skills. The course is founded on the belief that anger is a normal and universal emotion, but that it can and should be expressed in non-violent ways.

Develop Your Self-Esteem (6 Weeks).....£FREE

This is our in-depth course covering all aspects of self-esteem, confidence and self-image. We cover a different topic each session. Our self-esteem course runs regularly throughout the year.

Auricular (Ear) Acupuncture (Up to 12 Weeks).....£FREE

Auricular Acupuncture is a form of Chinese Medicine, which uses small needles inserted into the ear. At this weekly group, a qualified acupuncturist delivers a 5-point Auricular Acudetox. This is often suitable for drug and alcohol users but you don't have to have used drugs or alcohol to feel the benefits. It's also good for relieving stress, anxiety, nervousness, anger, depression and mood swings. Contact Mubin or Justine for more details.

Groups are a safe, but challenging place to make progress with your issues. Joining a group may seem scary at first but we will talk to you on the phone and meet you in person before the start of the group, so you can discuss your worries. Contact James at Off The Record for more guidance.



Individual Counselling.....£FREE

Individual counselling is **always available** for young people aged 14-25 who live, work or study in the Croydon area. Phone us for an initial appointment.

Life Coaching.....£FREE

Our life coach, Mel Wiggins, can offer you help to find direction, motivation and inspiration using the power of life coaching. Call to make an appointment.

What's On When?

Workshops take place on these dates at 4pm:

Is Anger A Problem?	Phone for details
Controlling Panic Attacks	Phone for details
Boost Your Confidence	Phone for details
Conflict Resolution Skills	Phone for details
Life Coaching For Beginners	Phone Mel for details

Groups And Courses:

The Anger And Conflict Course	6 Week course – phone for next start date
Develop Your Self Esteem	6 Week course – phone for next start date
Auricular (Ear) Acupuncture	Ongoing course – phone Mubin for details

*****This menu is a special downloadable version*****

We publish the real menu of services 3 times a year, with dates of upcoming workshops, groups and courses. We often have new workshops we have developed. Please call us to see what's new!

NEW MENU! * MORE CHOICE! * GREAT VALUE!



OFF THE RECORD

YOUTH COUNSELLING CROYDON



*****NEW MENU OF SERVICES*****

Phone For Availability

Tel: 020 8251 0251

TELEPHONE ORDERS WELCOME

CONFIDENTIAL SERVICE

OPEN 5 DAYS A WEEK

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Email: info@offtherecordcroydon.org