

STRESS

FREE

CONTROL

Stress Control classes will help you develop practical skills and techniques to manage common challenges of modern life, such as stress, anxiety, low mood, and low confidence.

The course consists of **six, weekly 90-minute sessions**. Since there's no need to share personal issues, you can simply sit back, listen, and learn helpful stress control techniques. There is **no referral required**, so you are welcome to drop by and bring someone along for support. Classes are suitable those over **16-year-old, who live or work in Lanarkshire**. Some of the issues covered during the sessions are:

- Learning about stress
- Regulating your body
- Working on your thoughts
- Managing your actions
- Controlling panic & sleep problems
- Wellbeing & shaping the future

LOCATION

COURSES FROM MAY – JUNE 2026

HAMILTON

Fairhill Lifestyles Centre, Neilsland Road, ML3 8HJ
Tuesday 5th of May – Tuesday 9th June
6:30pm – 8:00pm

LANARK

St Nicholas Parish Church Hall, Castlegate, ML11 9DZ
Tuesday 12th May – Tuesday 16th of June
10:30 am – 12 noon

MOTHERWELL

Isa Money Community Centre, Muirhouse Road, ML1 2LT
Wednesday 13th May – Wednesday 17th June
6:30pm – 8:00pm

COATBRIDGE

Riverbank Community Hub, 1 Paddock Street, ML5 4PG
Thursday 14th May – Thursday 18th June
6:30pm – 8:00pm

To register your interest in attending or for further information, please call **01698 752626** or email stresscontrol@lanarkshire.scot.nhs.uk

Can't attend any of the above? More courses coming soon!