

IMPROVE YOUR WELLBEING.



FEELING ANY OF THESE THINGS?

LONELY?

ANXIOUS?

IN DEBT?

LOW SELF ESTEEM?

DEPRESSED?

ADDICTED

IN PAIN?

HOPELESS?

NOT GOOD ENOUGH?

NO CONFIDENCE?

ISOLATED?

why not try one of our services?

- ★ Life Coaching - Specialist life coach
- ★ Peer Coaching - Volunteer lead coaching
- ★ Celebrate Recovery - Faith Based 12 Step Recovery Programme.
- ★ Debt Advice - Debt advice from our fully qualified team
- ★ Restored - Mental health issues support group
- ★ Chronic Pain Group - Peer support group
- ★ Volunteer Opportunities - Come and join our team and gain confidence and a sense of belonging
- ★ Boundaries Course - How to set boundaries

For more information
Please speak to Tracy on
0151 226 3406

Or email tracy@standrewslive.org.uk

St. Andrew's Community network Office
Roscoe Primary School, 16-18 Larkhill Lane,
Clubmoor, Liverpool L13 9BR

VITALITY
STYLE
HEATING
HAPPINESS ENERGY WELLBEING