

calms



What is CALMS?

What services are provided by CALMS?

How is contact made?

Will I find it beneficial?
(Users Testimonials)

Where is Calms Located?

Mission Statement

“Calms is a cross community organisation which proactively assists groups and individuals to manage stress.”

FEB 2001

calms



Is Funded by



District Partnership

CRC

Foyle Trust

WHSSB

Londonderry Regeneration Initiative



44-46 Waterloo Street, L'Derry BT48 6HF

Tel: (028) 7126 8698

Fax: (028) 7127 1717

Email: info@calms.totalserve.co.uk

Printed by RCD Print Ltd. Tel: (028) 71352832

calms



COMMUNITY
ACTION
FOR
LOCALLY
MANAGING
STRESS

LEARN TO MANAGE STRESS

What is CALMS?

CALMS is a cross-community based organisation which helps groups and individuals cope with and manage stress. The services offered are of a preventative, rehabilitative and reactive nature in a confidential and supportive environment. Care is provided without the label of "mental illness" being applied. Stress management skills are promoted rather than treatment. Another important aim of CALMS is to reach marginalised groups made vulnerable by poverty and political violence.

What services are provided by CALMS?

A wide variety of activities are available at the Centre and in the communities to help people cope with stress. Here are some examples;

Relaxation sessions.
Aromatherapy.
Tai Chi.
Yoga.
Pottery.
One to One support.
Social Therapy Days.

Some of these services are free and no previous expertise or experience is needed to participate fully.

How is contact made?

All it takes is a phone call. Just ring our offices to arrange an appointment in a relaxed and caring environment. Telephone: 71268698.

Will I find it beneficial?

Here are the opinions of some people who have made use of the services at CALMS:

"I felt an immediate sense of relaxation and tranquillity on my first visit. I felt I was with someone who really cared and fully appreciated what I was going through."

"I have found all the classes to be very enjoyable and therapeutic. I also enjoy the monthly activities and feel very lucky to be part of this caring community."

Where is CALMS located?

The CALMS Centre is situated on the Walls at the bottom of Magazine Street. The actual premises are in the first floor offices above Job Link.

Do not hesitate to phone us, a simple call will be the beginning of an opportunity to help you deal more effectively with the problems associated with stress.

WE ARE HERE

