

## **Assertiveness Email Self-Referral Form**

Please fill in the below information, attach this to an email and send it back to us at [fife-UHB.SteponStress@nhs.net](mailto:fife-UHB.SteponStress@nhs.net).

Name:	
Contact Number:	
Can we text you a reminder of the group starting, if you have given us a mobile number?	YES / NO (please delete / circle as appropriate)
Date Of Birth:	
Your Address:	
GP Surgery:	
Where did you hear about the Assertiveness class?	
Is there any other information you think we might need?	
Would you like to bring someone for a bit of support or for them to learn about Assertiveness?	YES / NO / NOT SURE (please delete / circle as appropriate)
Preferred Group Date: (please see below and choose an option)	

### **Option 1 (Kirkcaldy):**

1 session: 20<sup>th</sup> June (Wednesday) at Templehall Community Centre, Beaully Place, KY2 6EX at 5.30pm.

### **Option 2 (Lochgelly):**

1 session: 11<sup>th</sup> July (Wednesday) at Lochgelly Centre, Bank Street, Lochgelly, KY5 9RD at 5:30pm.

### **Option 3 (Dunfermline):**

1 session: 19<sup>th</sup> July (Thursday) at Carnegie Conference Centre, Halbeath Road, KY11 8DY at 5:30pm.

### **Option 4 (Glenrothes):**

1 session: 26<sup>th</sup> July (Thursday) in The Lomond Centre, Woodside Way, Glenrothes, KY7 5RA at 5.30pm.

**If none of these dates work for you then please let us know.**