



Compassion in Action

...heart prints of love meeting the needs of the people!



A BEACON OF LIGHT AN OASIS OF CALM

COMPASSION IN ACTION THERAPEUTIC WELLBEING CENTRES

Our well-established therapeutic wellbeing centres in the heart of the community provide a **non-clinical way of working** and emotional support for individuals who need to take a step away because they feel overwhelmed by the stresses and strains of their everyday life.

There is a mix of private and social settings with qualified staff - helping people through difficult times. We step in with strategies to help people **manage their mental and emotional wellbeing in a healthier way** - providing support and motivation to create a sustainable improvement to their lives.

TO SELF-REFER, TELEPHONE 01942 418830