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**Themes:** Advocacy, Counselling

**Aimed at:** All People

Children, Young People and Adults Mental Health Services from 9 years -99 years.

You can find us at Ladybrook Community Centre Mansfield. The proud winner of The Queens Award.

We are happy to have achieved this together.

Services we offer: a safe and confidential space for you to explore your feelings, identify your concerns and support you to find a way through. We offer one to one -group support and counselling sessions.

1. People living with stress, anxiety and depression.
2. support around grief/loss.
3. Emotional eating support group.
3. Theatre visits- monthly for those living alone - to reduce isolation.
4. GLBTQ support group from January 2020. Our young people are excited about their new space.
5. Understanding ME -workshops to support you to understand what is happening

to you in our Learning Zone.

6. Drop In session Mondays 12pm. For advise and guidance. No appointment necessary.

Our service is low cost and free to those who have no means to pay.

From 2012 working with young people we now deliver services from 9 years to 99 years.

We are a team of 10 volunteer counsellors, 2 youth workers, 4 clininca supervisors and 2 social workers.

We are BACP registered.

We have just celebrated our 7th birthday.

We deliver our services across Ashfield, Mansfield and Warsop in GP surgeries, schools and community centres.

**Area:** Bassetlaw

### **Contact Details**

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