

Talk 2 US

Confidential

Counselling

Mentoring

Coaching

Family therapy

**Short and long-term
programmes**

ALL WELCOME

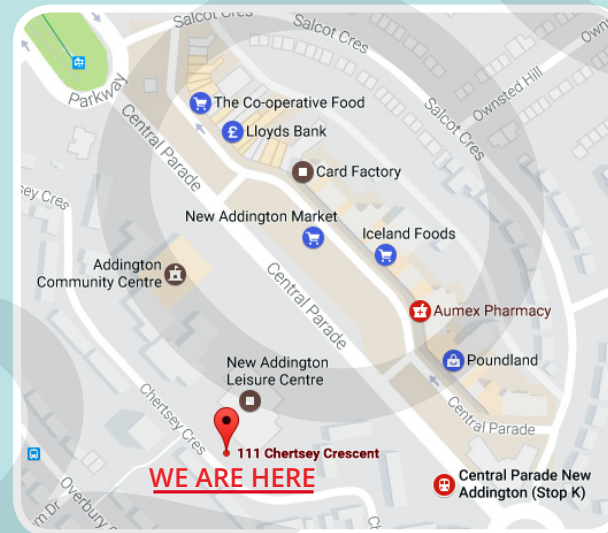
Contact Us

The Centre is open
Monday, Tuesday, Thursday & Friday
10am - 6pm

Tram route 3 from Croydon to New Addington

Buses: 64 from Croydon to New Addington
130 from Thornton Heath or South Norwood

Parking is free at the centre



01689 847444 / 07758 702452



111 Chertsey Crescent, Central
Parade, New Addington, CR0 0DH



www.centreofchange.org.uk



info@centreofchange.org.uk



Centre Of Change

**Counselling,
Mentoring and
Tutoring Service**

*Guiding all those
who need support
to a brighter future*

www.centreofchange.org.uk



accredited
voluntary
register



Registered charity no. 1182201

Who Are We?

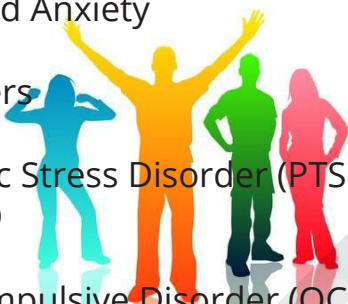
We are a team of therapists offering psychological support to young people, adults and families in New Addington and the wider Croydon Borough.

What We Offer?

One-2-One counselling to support you with challenges relating to:

- Bereavement
- Domestic Violence
- Depression and Anxiety
- Self – Harm
- Eating Disorders
- Panic Attack
- Post-Traumatic Stress Disorder (PTSD)
- Complex PTSD
- Bi-Polar
- Obsessive-Compulsive Disorder (OCD)
- Borderline Personality disorder (BPD)
- Childhood Trauma (including physical, sexual, emotional, & mental abuse)

Whatever difficulties you are facing we are here to offer the help and support you need.



How Can We Help?

- Provide a safe and friendly environment
- Support you in building self-confidence and resilience
- Support you through all your mental health needs
- Guide you to a place of Empowerment



contact us on:

07758 702452

01689 847444

Come Along and Talk 2 Us

Regardless of class, religion, political affiliation or ethnic origin EVERYONE is respected as unique individuals with their own values and beliefs.

How much does the service cost?

All services are free for Young people up to 18 years old. Our standard fee for adult clients is very competitively priced and affordable.

Reasons for Choosing Us

- Minimal waiting list
- Caring, professional and confidential Service
- Calls and emails responded to promptly
- Exceptional accessibility: face-2-face / telephone / Videocall (zoom, Teams, Google)

