

CORONA VIRUS

COMMUNITY SUPPORT

New Addington / Croydon

- Self-Isolation.
- Social-distancing
- Feeling overwhelmed by your new situation, your health or the health of your loved ones?

Need to talk?



The poster features a light green background with a yellow sun, a white cloud, and a rainbow at the top. Below the graphics, the text reads: 'Centre Of Change', 'Counselling, Mentoring and Tutoring Service', 'Guiding all those who need support to a brighter future', and the website 'www.centreofchange.org.uk'. At the bottom, there are logos for 'accredited voluntary register' and 'ReA', along with the text 'Registered charity no. 1182201'.

Our team of Counsellors, Psychotherapists and mental health champions are here to listen and give expert support.

Counselling
Befriending
Emotional and Spiritual support
Food provision / preparation and delivery