



**Reopening
safely**

A safe haven for young people aged 11-17* living on the Isle of Wight

*Up to age 18 with additional needs

Weekly sessions by appointment only
Call to book: 07741 665182

Monday's
(6-8pm by appointment)
East Newport Family Centre
Furlongs
Newport
PO30 2AX

Tuesday's
(4.30-6.30pm by appointment)
Sandown Family Centre
98 The Fairway
Sandown
PO36 9EQ

- Safe, calm, confidential space
- Access to emotional and practical support for anyone struggling with their mental health or wellbeing
- 1-2-1 support, mindfulness activities, help with finding ways to cope