

Compass GO...

Summer offer

Week Commencing 26th July

Come and meet the team

Centre 4 Open Event
17A Wootton Road
Grimsby
DN33 1HE

11 August 2021

10am-4pm



Podcasts on emotional well-being

Released each week of the Summer holidays- see website for further details

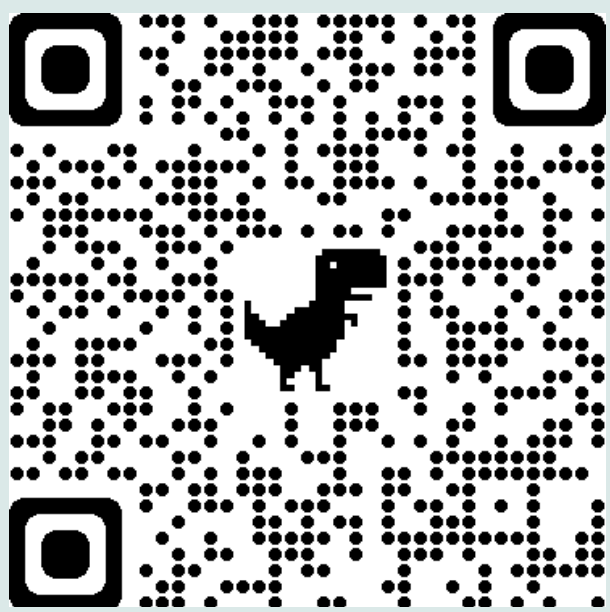


Well-being Calendar

Self-help and personalised see website for further details



YouTube self-help videos

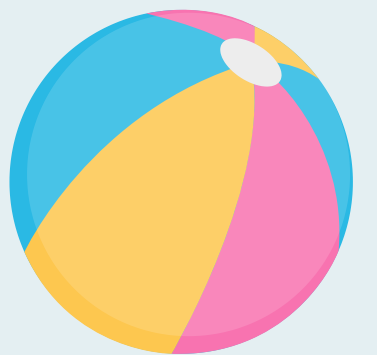


Scan the QR code on your camera to take you to our YouTube page. Here you will find self-help strategies for your well-being

Beach Day

Meet the team for activities at the beach (parents/carers to stay with their child or young person)

27th August at 10am—1pm



Treasure Hunt

Access the clues for the hunt, which is based in Cleethorpes, on our website. Small prizes to the first families to enter the Compass GO... treasure hunt competition



Helping you find your way to wellbeing
NEL Mental Health Support Teams

<https://www.compass-uk.org/services/north-east-lincolnshire-mhst/>

@CompassGoMHST

