

Heartfelt THANKS

TO OUR VOLUNTEERS!

What I appreciated was no judgement, a few questions, LOTS of listening, space to work my way through the trauma, flexibility of approach depending on what I needed, silence to reflect, insight and small observations, someone in my corner just for me. A light provided on the situation and a guiding hand to help me through it. Thank you

I have been very impressed about the care and service I received at Compass. Thank you to my fantastic counsellor - I came away feeling better in myself and would recommend Compass in the future.

Thank you for giving me the time to adjust and get to feel at ease and for giving me the opportunity to speak openly about any issue and not feel judged.

I am extremely grateful that I found Compass when I did. It has been the most useful course I've had yet and has helped me escape from a number of bad habits and negative / delusional thinking patterns. My therapist was professional and friendly throughout and I am very grateful for their honest and human approach. Compass has helped me move on with my life and I cannot thank you enough.

I am so grateful, I was struggling so much with a lot of guilt and sadness. My counsellor has been amazing, so easy to talk to and open up to, let's just say without them I would not be looking forward. Thank you so much

My counsellor has been brilliant throughout and helped me get to a much better place. When I arrived at counselling I thought I was going insane and after a small number of sessions the rain clouds have lifted. Thank you all, most of all thank you to my counsellor.

Always needed, forever appreciated

Giving time, touching hearts

Lifting our communities

THANK YOU!