

# Counselling Service

## Available in the Family Hubs

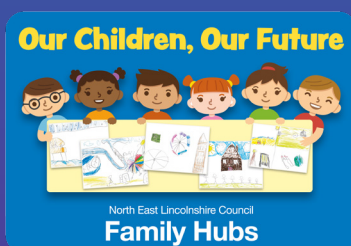


If you feel you would like an opportunity to talk to someone about issues and feelings a person-centred counsellor will help you to explore these in a safe and non-judgemental space and engage in therapy.

The Grimsby Institute student counsellors in Family Hubs are trained to provide counselling.

If you would like to make an appointment, please text or email;  
Jacqui.chester@nelincs.gov.uk 07464900840  
Vickie.kent@nelincs.gov.uk 07766994767

Free service for anyone over 18 years of age.



Find your local Family Hub at [www.nelincs.gov.uk/family-hubs](http://www.nelincs.gov.uk/family-hubs)