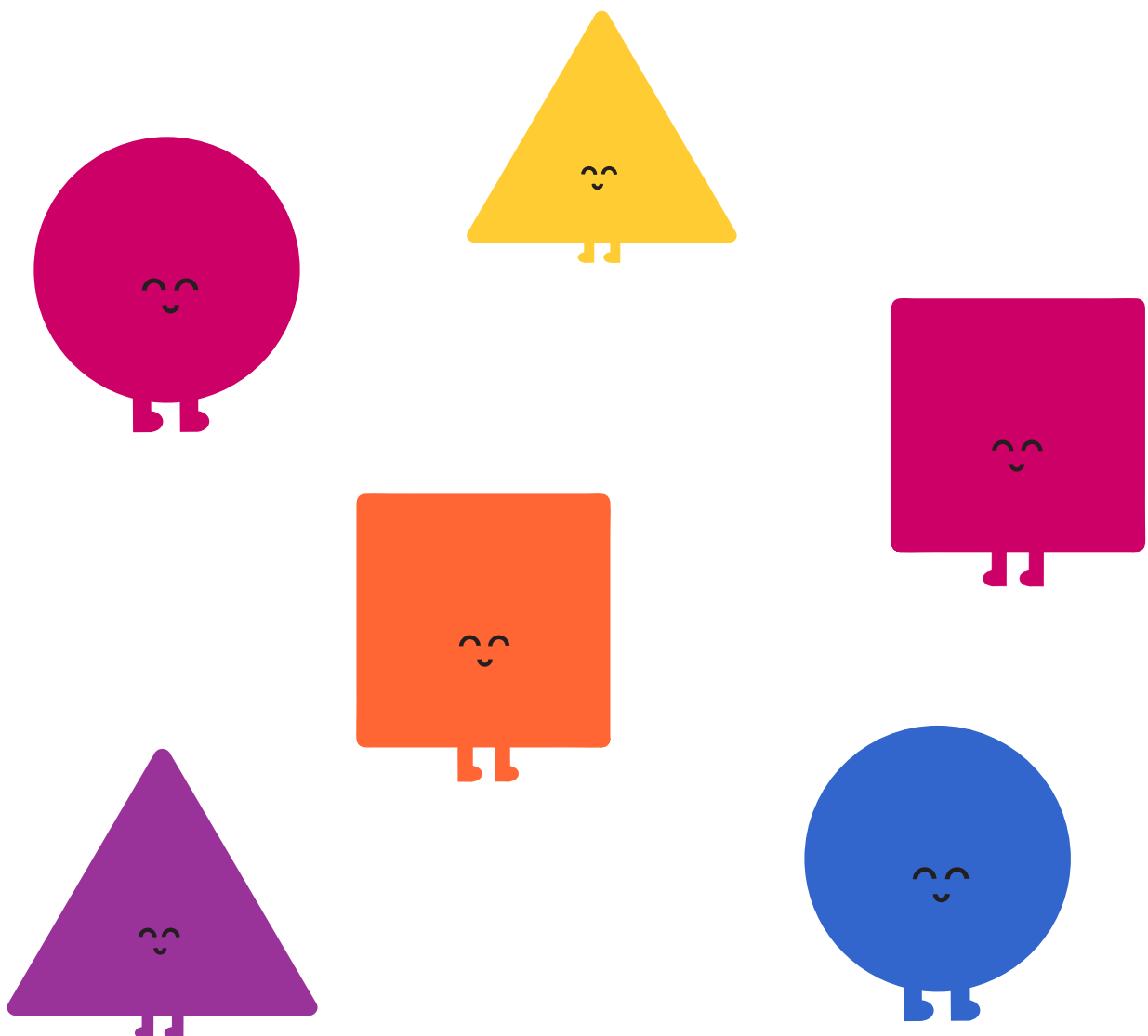


# AVENUE

a new direction

Supporting mental health & relationships  
services across Grampian

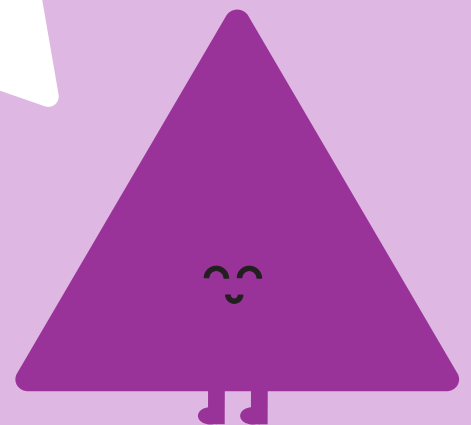


# **We are a charity and we rely on support from people like you!**

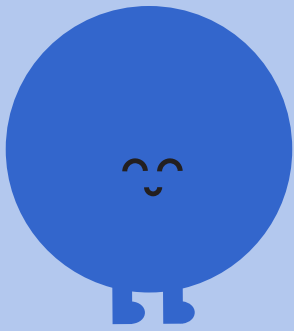
**Our mental health profoundly influences every aspect of our lives, from our emotions and thoughts to our behaviours and relationships.**

**We depend on fundraising and donations to ensure that children and families across the North East can access affordable mental health and relationship support.**

**We can all need help at different points in our lives. Avenue wants to be there to offer high quality, wrap around support to help children, families and individuals when times get tough.**



**It's only with your help that we can offer free and reduced fee support to those who need it most**



# About us

Avenue are working towards a world in which happy, healthy people enjoy harmonious and respectful interactions in all aspects of their lives.

We are a charity based in North East Scotland that for the last 70 years has provided relationship and mental health support to all ages.

**We understand that everyone has different experiences and so, we provide a range of support:**

couple counselling – family mediation – family time  
family support – groups for parents

individual counselling – sexual therapies – family therapy  
young person/children's counselling  
art therapy – play therapy – consulting children

*We are the only organisation  
delivering this range of services in  
the north east of Scotland.*

---

# How your support will help families in our community

It cost us £2500 to train a counsellor

It costs us on average £60 per session to deliver counselling and psychotherapy

Your support can help us purchase vital play equipment and art materials

To find out more!



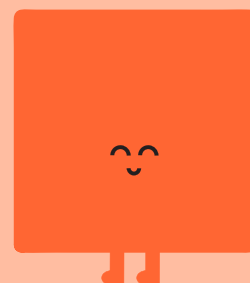
Avenue - a new direction



avenue\_grampian

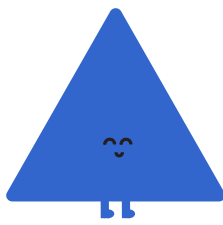
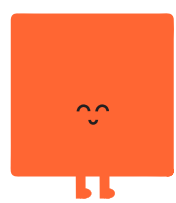


AvenueNEScot



[www.avenuecharity.org](http://www.avenuecharity.org)

# Support



## Mental health and relationship services across Grampian

What

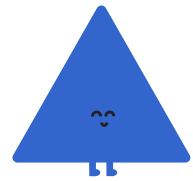
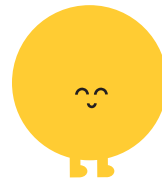
Where

When



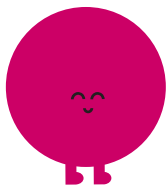
**AVENUE**  
a new direction

# Support



Mental Health and relationship services  
across Grampian

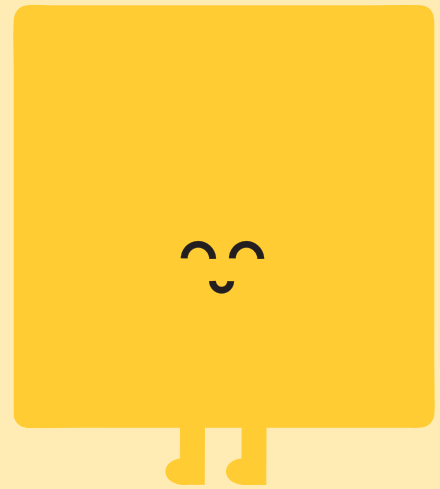
**Find out more!**



[www.avenuecharity.org](http://www.avenuecharity.org)

Scottish Charity No: SC009988 / Company Reg No: SC200545

**Want to  
support  
us?**



**If you are interested in supporting us or finding out more about what we do, please contact:**

**Ane Smith  
Trusts & Grants Fundraiser  
[a.smith@avenuecharity.org](mailto:a.smith@avenuecharity.org)**

**We have also provided two helpful print outs that can be used to promote fundraising events.**

**Thank you!**