



Welcome to  
Sunrise  
Wellbeing  
Therapy Centre







This is the entrance to  
Sunrise Wellbeing Centre.

You will walk through this  
gate...

(to the left hand side of  
the red shop)





..and down this path  
that leads to the  
garden.

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You can wait in the garden until your therapist comes to collect you.





This is the front door  
which you will use to  
come in!

We love rainbows at Sunrise! See  
how many you can spot when you  
arrive 🌈

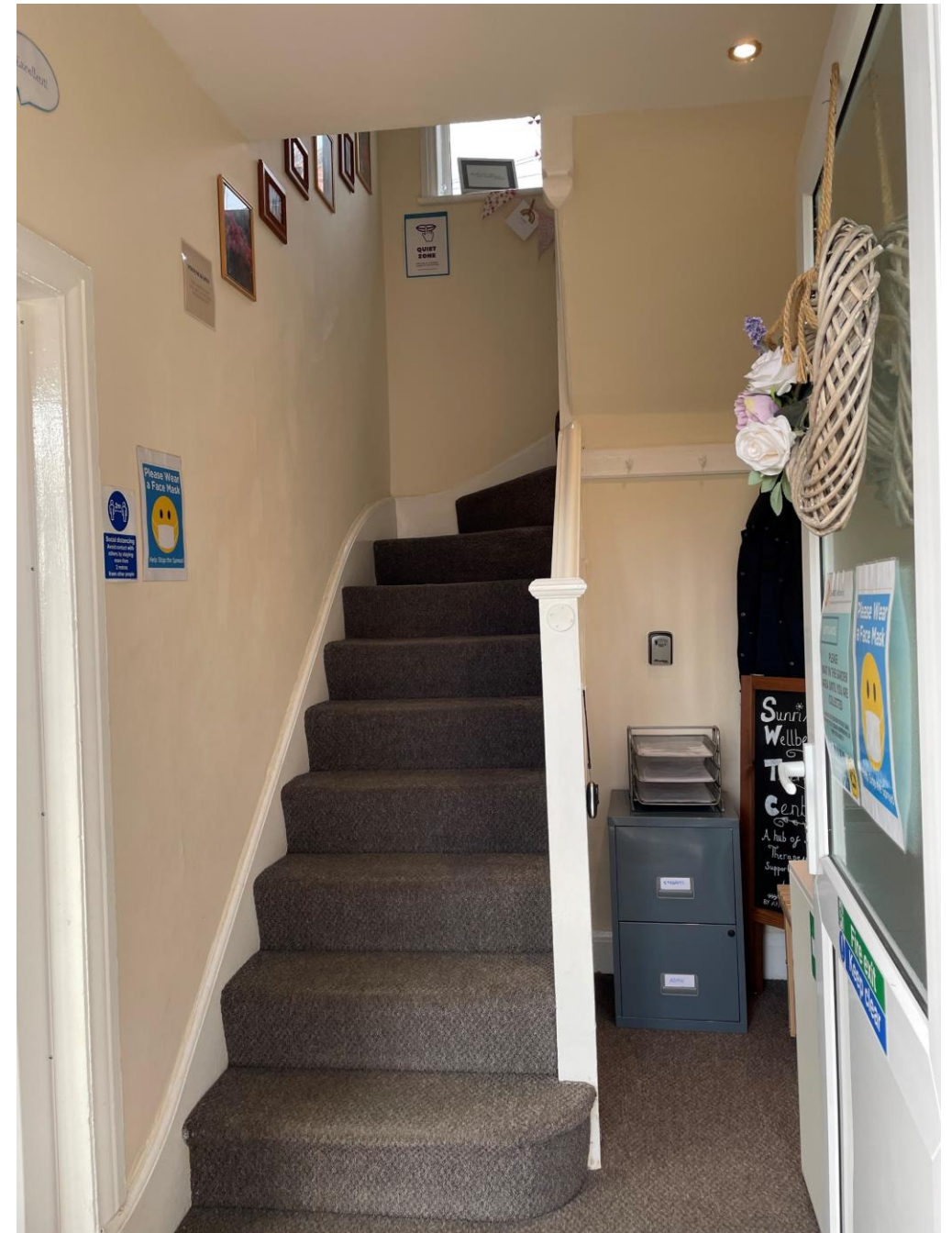


# Come on in!

It is perfectly normal to feel nervous when you arrive for your first therapy session because it is something new.

You will know the name of the therapist that you are going to see and you can take a look on our website so that you know what your therapist looks like.

<https://sunrisewellbeing.co.uk/therapycentre/meetourassociates>





All of our  
therapy  
rooms have  
names...

and are used  
by children,  
young people  
& adults.



This room  
is called  
Cropston.

# This room is Swithland.

Our rooms are safe & homely spaces.

After your first visit with your  
parent/carer, you will come into  
sessions on your own.

Your grown up can stay just outside in  
the garden, in our waiting room or  
maybe go for a short walk whilst they  
wait for you.





# This room is The Nook

This room is also used for yoga as well  
as therapy sessions.





# This is our Ivy room

This room is based downstairs at our centre.







# The Bathroom!





We are looking  
forward to  
welcoming you to  
Sunrise & seeing  
you soon 😊

