



# The Lighthouse

The Lighthouse Project is a drop-in, youth club style service for children and young people aged 10-17 years old with a mental health and wellbeing focus, no referral is needed.



**Sessions are aimed at different age groups:**

**Tuesdays 4.30 to 6.30pm**

Year Groups 6 to 8

**Wednesdays 5.30 to 7.30pm**

Year Groups 9 to 11

**Thursdays 5.30 to 7.30pm**

College and Sixth Form (aged 16 to 17 years old)

Visit us:

Motiv8 The Hub, Leigh Park, Havant, PO9 5AA

Find out more by contacting [cyp@easthantsmind.org](mailto:cyp@easthantsmind.org)