

relate



Support for Young People Experiencing Family Change

- *5 to 19 years?*
- *Parents Divorce/Separate?*
- *Step Family?*
- *Loss?*
- *Violence?*

024 7622 5999

Family Life Changes

- You lose someone you love
- Mum or Dad leave
- Divorce/separate
- New step family
- Families fall out
- Violence

It can leave you feeling

- Angry
- Sad
- Scared
- No one cares
- Lonely

It May Change How You Act

- Not sleeping or eating
- Fighting
- Wanting to be alone
- Hurting yourself
- Involved in crime

Time For You Will

Listen to you and help you find new ways of living with change.

Time For You is

- *Free*
- *Friendly*
- *Confidential*
- *One to one*

*To make an appointment call
or get someone to call for you on:*

024 7622 5999

Time For



I felt safe

I can talk freely!

They helped me with my problems

They Understood me



We work with young people between 5-19

Time For You

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