

Teen Talk



Young Carers Counselling in Hastings and Rother

Are you a teenager looking after someone who couldn't manage without your help?

Would you like time to talk about your thoughts and feelings with someone who would understand?

- For 12-18 year olds
- 12 weekly sessions
- After school/college
- Transport and snack available



No one left to care alone
www.cftc.org.uk

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📱 07860 077300

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