

# Support for Young People Experiencing Family Change



- 10 to 18 years?
- Parents Divorce/Separate?
- Step Family?
- Loss?
- Violence?

## Time For You

Listens to you and helps 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:  
**01788 565675**

or complete the contact form  
on our website at:  
**[www.rugbyrelate.org.uk](http://www.rugbyrelate.org.uk)**

**We work with  
young people  
between 10-18**



**Time For You  
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