

Teen Talk



Young Carers Counselling in East Sussex

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
- ◆ Sessions are by phone



No one left to care alone
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