

Are you aged 13-19 and would like some information, advice or support about...

family issues and relationships

- my family
- my friends
- leaving care
- my parents
- home life
- finances

education and employment

- career
- college
- options
- school
- training
- aspirations

social development

- feelings
- relationships
- attitude
- legal rights and responsibilities

personal health factors

- health
- sexual issues
- how you feel
- substance use issues

getting involved

- volunteering
- developing skills
- having a say
- local activities and events

For opening times of your local One Stop visit
www.youthconnexions.org

...ask Youth Connexions

Support is available for:

*young people with learning disabilities up to the age of 25

*care leavers up to 21

youth
connexions
HERTFORDSHIRE

enabling young people to succeed