



**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 One Stop Shop or Centre visit

www.ychertfordshire.org

Advice and Support

YC

HERTFORDSHIRE

Enabling young people to succeed