

# BACK ON TRACK

Have adults you live with argued or fought?

Have they hit each other or called each other names?

Have you got caught in the middle of conflict?

Are relationships in your home affecting you badly?

If your answer is **YES** to any of these questions then this is **FOR YOU!**

## BACK ON TRACK

...is a group for young people aged 11-17 who have been involved in these difficulties.



## SURVIVE



PO Box 61, Kingswood, Bristol BS15 8XJ

## WHAT IS IT?

- A free and confidential service.
- A group that meets for 10 weeks.
- For young people affected by abuse or violence in the home.

## WHAT WILL HAPPEN AT THE SESSIONS?

You will have the opportunity to talk about your feelings, take part in activities and listen to others who have been through similar things to you.

The sessions will help you become more confident in yourself and to move on positively with your life!

This is a **FREE** and **CONFIDENTIAL** service.

For more info or to make a referral please contact Faith Bennett.

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