



DOMESTIC ABUSE SERVICES
GWASANAETHAU CAM-DRIN DOMESTIG

Young People's Service



Life can be different



Linell Gymorth Live Fear
Byw Heb Ofn Free Helpline

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Our *Young People's Service* is a free service offered by Vale Domestic Abuse Service for young women and men (*18 and under*), living in the Vale of Glamorgan, who think something isn't right in their relationship or have lived in a household which has been abusive.

WE AIM TO

- > **Support you to make sense of your experiences and understand your feelings**
- > **Explore the concept of safety and what that means to you**
- > **Raise awareness of what a healthy, safe and equal relationships looks like so you can identify warning signs**
- > **Talk about the difficult dilemma's and decisions that face you in society, your intimate relationships and friendships**
- > **Enable you to identify, reflect and acknowledge your feelings, experiences and behaviours in a positive way**
- > **Explore your rights and responsibilities so you can make informed decisions about relationships**
- > **Helping with independent living, housing, finances and other wellbeing and life skills**

WE OFFER

- > One to one support for young people by creating a safe space for them to talk openly about their feelings and work with them to build strategies and understand their feelings and behaviours
- > Group work – where young people can meet others in similar situations and learn about safety, healthy safe and equal relationships, feelings, anger, trauma and well-being and discuss pressures facing them
- > Engagement activities where children and young people can have some fun, access opportunities and build relationships





For more information call our helpline

01446 744755

or email

info@valedas.org



valedas.org

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