



# PARENTS IN CONFLICT OR HAVE THEY SEPARATED? ...FIND YOUR DIRECTION

Navigating family breakdown is tough. Join Your Direction, a **free online 5-session workshop** series for 12-17 year olds.

Jam-packed with expert insights, practical exercises and discussions. Meet others who get it, hear real stories and learn 10 life-changing skills to find your way through family issues.

**Sign up today!**

**[YOURDIRECTION.INFO/KENT-MEDWAY](https://yourdirection.info/kent-medway)**



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YOUR DIRECTION WAS A HUGE TURNING POINT FOR ME. I DIDN'T REALISE HOW MUCH I NEEDED THE SUPPORT AND JUST TO OPEN UP ABOUT MY SITUATION. I COULDN'T RECOMMEND IT ENOUGH.

Michael, past participant

## WHY JOIN US?

- 10 life-changing skills inc. setting boundaries & resolving conflict
- Expert insights & guidance
- A safe space to talk
- Connect with others like you

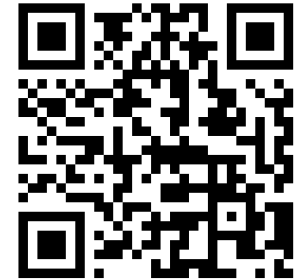


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Sign up,  
today!



Working with

