

# ARGUMENTS AT HOME? We can help!



## We offer:

- ▶ A safe space to talk
- ▶ Mediation or one-to-one support
- ▶ We listen and help you work things out
- ▶ We work to support everyone
- ▶ We don't take sides or give advice



### Aged 14 to 25?

Contact: YMCA Youth Advice Centre

T: 01273 624432

E: [YAC.familymediation@ymcadlg.org](mailto:YAC.familymediation@ymcadlg.org)

W: [www.ymcadlg.org](http://www.ymcadlg.org)

### Aged 25 or above?

Contact: BHIMS (Brighton & Hove Independent Mediation Service)

T: 01273 700812

E: [casework@bhims.org.uk](mailto:casework@bhims.org.uk)

W: [www.bhims.org.uk](http://www.bhims.org.uk)