



Bringing hope to young people
affected by divorce or separation

H2H Supporting young people affected by divorce or separation.

By young people, for young people.

H2H offers young people (11-18yrs) who have experienced parental divorce or separation support in two ways; individual and group support.

Individual support is carried out by Lifeguides (Young Adults, 18 to 25 years, who have also been affected by divorce or separation). The Lifeguides will take the young people through a 6 week toolkit, on a one to one confidential basis, which will give both the Lifeguides and the young people new skills to increase their confidence and effective citizenship.

Group support is where young people help other young people.

The Urban H2H service is expanding to support the community of Dunblane in the months of August and September, 2011.

If you would like to volunteer as a Lifeguard (18 to 25years old) or if you would like to refer a young person (11 to 18years) please contact:

Jackie on 07521-056581 or email on urbanlife@hearttoheart.org.uk

Urban H2H is supported by The Church of Scotland and Stirling Council Youth Services