

Life's Questions

A chance for teenagers to discuss life's challenges openly

Being a teenager can be tough. How you tackle pressures and worries now will enable you to **make the most of life.** There is support out there which could make you feel **confident and cared for.**

Here at **St Nicholas Hospice Care**, we understand you may need to open up and have conversations about life's challenges such as **death, divorce, loss and grief.** We want to give you the time and space to discuss anything that may be concerning you.

*because
you matter*

**St Nicholas
Hospice Care**

A Registered Charity No. 287773

understanding
carers
friends
listening
openness
security
purpose
teachers
empowering
meaning
expression
allowance
loss
grief
support
signposting
death
funerals
recovery
life
burial
non-judgemental
society
value
time

life's
QUESTIONS

For more information or to arrange a group session, please email education@stnh.org.uk or phone **01284 766133**