

## Youth Guidance

Many young people need guidance during their developmental years. It is especially so during the adolescence phase where the parents are not always involved, or where young people want to develop their own identity. It is at this stage that they look for advice from other people. They often do not have reliable adults to turn to, so they often turn to their peers for guidance, which is not always to their advantage. As part of the youth counselling services Youth@HEART offers advice free of charge to young people. Parental guidance on dealing with youth related problems is also provided free of charge. Educational talks are presented at schools, tertiary institutions, churches and companies on request. Topics covered include: sexuality, substance abuse, depression and others.