



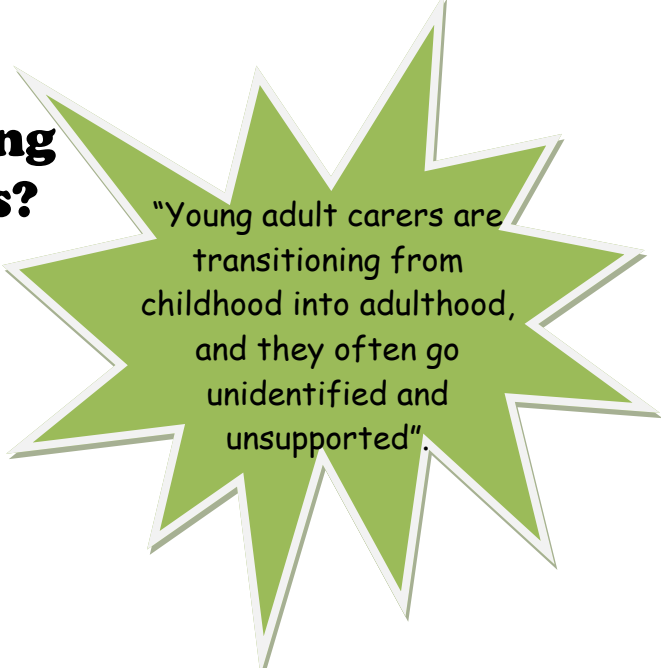
# Young Adult Carers

Do you care or help care for someone in your family?

Are you aged between 14 and 25?

Do you live in Barking & Dagenham or Thurrock?

## Who are Young Adult Carers?



"Young adult carers are transitioning from childhood into adulthood, and they often go unidentified and unsupported".

Our **YAC** project can help support young adult carers who are sometimes faced with barriers to either education, employment or training due to their caring role.

The **YAC** project is here to help....



## Our tailored support Services include:

Information

Advice

Advocacy

Support- one-to-one/group

Peer lead social group- develop self confidence and friendships, help with writing your CV, interview and communication skills

Workshops: education, money management, employment/training, university and student loan application.

For more information please contact us:

Tel: 0208 593 4422

E-mail: [carers@carerscentre.org.uk](mailto:carers@carerscentre.org.uk)

Website: <http://www.carerscentre.org.uk/>

Facebook: Young Adult Carers

Write to us:

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