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# TIDES

*Wednesday 12noon - 1.30pm*

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Youth and Families Matter  
*listening . caring . empowering*

# YOUTH AND FAMILIES MATTER

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REGISTERED CHARITY NUMBER 1128524

YFM IS THE COMMUNITY PROJECT OF  
TESTWOOD BAPTIST CHURCH



The Queen's Award  
for Voluntary Service

TIDES provides a safe and supportive space for those struggling with anxiety and depression. There is mutual respect and support alongside acceptance and encouragement.

It is expected that anything that is talked about in the group is confidential and everyone will be treated equally.

It is facilitated by a member of the YFM team. If you are interested in joining this group please contact YFM.

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