

Are you at your wits end?

Are you a sofa surfer?

Do you hate going home?

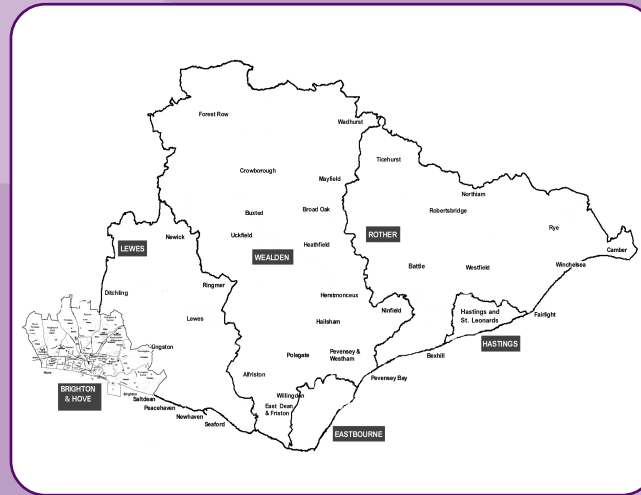
*Do you dread your child
coming in?
Or not coming in?*

Can't live under the same roof?

Missing your home / family?

*Difficulties seeing
grandchildren / grandparents?*

Contact your nearest Time 2 Talk service at:



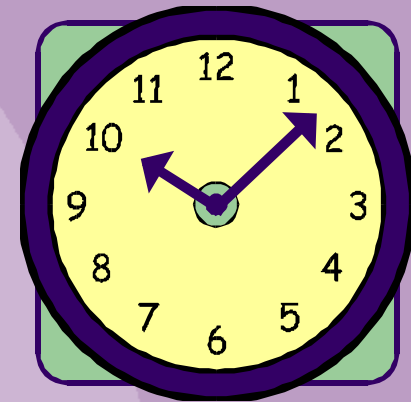
Hastings & Rother Mediation Service
2nd Floor
3 Cambridge Gardens
Hastings TN34 1EH
Tel: 01424 446808
e-mail: HRMediation@aol.com

Mediation +
Southview
Western Road
Hailsham BN27 3DN
Tel: 01323 442781
e-mail: mediation.plus@yahoo.co.uk
(covering Eastbourne, Wealden and Lewes areas)

Brighton & Hove Independent Mediation Service
Basement Office, Ecclesden
Grove Hill
Brighton BN2 9NG
Tel: 01273 700 812
e-mail: mediation@bhims.org.uk

TIME 2 TALK

MEDIATION



IT'S NEVER TOO LATE TO COMMUNICATE

CONSTANT BATTLES OVER:

House rules



Money



Studying



Drugs



Alcohol



Relationships



Don't know who to turn to?

IT'S TIME 2 TALK

IT'S TIME 2 TALK

Every family has arguments from time to time, particularly teenagers and parents.

Sometimes this can lead to family breakdown.

Time 2 Talk helps people to talk and listen to each other, and work towards better communication and understanding.

We have a friendly team skilled in mediation. Mediators will visit you individually or as a family, and will help you talk through the problems without taking sides. It is a voluntary process, so no one will be telling you what to do.

If you want to know whether Time 2 Talk could help you, please contact your local service for a chat. We can ring you back if necessary, and there is an answerphone if we're not in the office.

We offer help to improve/restore communications with your family, whoever you consider your family to be - whether living together or apart.

Individual meetings:

We can talk to you on your own about family difficulties.

Indirect/Shuttle Mediation:

We can help you to re-establish contact or simply stay in contact with your family, by passing information backwards and forwards.

Joint meetings:

Mediators can bring you and your family together to discuss issues and relationships in a safe space.

FREE - FRIENDLY - CONFIDENTIAL*
-INDEPENDENT - IMPARTIAL

*subject to child protection requirements