

# Wherever you are in life...



**START HERE**



...Youth CAB is for 16-25 year olds (living in East Lothian) and provides free, confidential advice, support and mentoring, led by you.

We are here to equip you to make empowered choices for your life, whilst understanding your rights, options and potential.

Talk to us about housing, your own tenancy, finances, relationships, family support, substance use, school, education, employment and training.

Shape Youth CAB, use your voice in our Youth Forum.

[youthcab@haddingtoncab.org.uk](mailto:youthcab@haddingtoncab.org.uk)



**GET THERE**