

# YEAR OF SERVICE: 7 CUPS OF TEA

## 7 CUPS OF TEA:

- An anonymous free online therapy, where people from all over the world can chat with 7 Cups of Tea volunteer councilors.
- The aim is to erase all stereotypes on gender, socioeconomic class status, age, etc, so that everyone can get the same level of treatment without judgement

## VOLUNTEERING:

- As a volunteer, my roles are to listen to clients and to provide the necessary resources to them

## TAKE AWAYS:

- Sometimes you just have to vent to feel better and that is perfectly normal
- There are times when all you need to do is just listen to others.

