

**Low confidence?
Feeling depressed?
Unable to make choices?
Want to change?
Looking for a job?**



You can make
life-changing
Choices



023 8070 2222
info@safe.org.uk

call us to make an appointment
discuss your options and see
if **Choices** is for you

SAFE
Unit 304 Solent Business Centre
Millbrook Road West
Southampton
SO15 0HW

SAFE have been working for 13 years, assisting people facing
depression and worklessness to move forward.

FREEPOST RSBR-EGUG-KUSE
SAFE
Unit 304 Solent Business Centre
343 Millbrook Road West
Southampton
SO15 0HW

No
Stamp
Required

SAFE



Get a new start with Choices

Choices

Choices is a course with individual coaching. It provides people with self help tools, so they can:

Gain confidence

Take control of their lives

Make life changing choices

Format

Free course

Group training sessions

One to one coaching sessions

Practical applications

5 week course, 2 days per week

Community based location

Free coffee and lunches



Course content



Understand the barriers you face.



Discover your strengths and skills.



Understand your thinking and develop a healthy mindset.



Enjoy group work and team exercises.



Learn about the job market and how to find a job.



Set goals in different areas of life.

Caroline



Before

Lone parent living in tower block. Nothing to look forward to but being a cleaner

After

Owens own home
Professional job with the council

"SAFE helped me take control of my destiny by taking those crucial first positive steps that completely changed my life."



Choices

For more information about this course, please fill in the reply slip below and put it in the post to us (no stamp needed).

Name _____

Address _____

Postcode _____

Telephone Number _____

Email _____

I am interested in (please tick).

Finding the right future

Overcoming barriers

Confidence building

Identifying strengths and skills

Motivation

Goal setting

Other _____

Someone from **SAFE** will contact you.

