

SOUTHAMPTON NEW FUTURES PROGRAMME

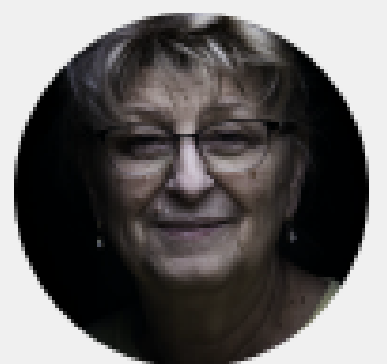
A free, action packed 5 week course,
proven to help your career, confidence,
self-esteem and motivation

- ✓ Free Employment Training
- ✓ 1:1 Mentoring
- ✓ Personalised Workbook

Backed by
certified psychologists

Before Safe New Futures, Rachel had been struggling with depression and unemployment.

“This course has been brilliant. My confidence is so much better. I’ve still got issues, but I’m feeling more positive about things.” Rachel



Sign up today



023 8017 9591



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