

Community & Social Action

Empowered to Thrive: Healthy Relationships, Safe Boundaries and Domestic Abuse Awareness

This course provides a safe and supportive learning environment to explore the foundations of healthy relationships, personal boundaries, and emotional well-being. Learners will be introduced to essential concepts such as communication, consent, emotional literacy, and how to recognise and respond to unhealthy or abusive behaviours.

Whether you're seeking greater confidence in your personal life or preparing for future roles in support or care settings, this course offers valuable insights and practical tools for developing safe, respectful, and empowering relationships.

When does this start and end?

- 2 February 2026 - 11 February 2026

Need more information?

You can find out more about Northern College and the courses on offer by calling us on 01226 776000 or emailing us_courses@northern.ac.uk

What can this course lead to?

This course supports personal growth, emotional well-being, and awareness around relationship safety. It is particularly valuable for those considering work or volunteering in health, social care, education, or support services, where an understanding of healthy relationships and safeguarding is essential.

Learners may also wish to progress onto courses in:

- Mental Health Awareness
- Counselling Skills
- Health and Social Care
- Domestic Abuse Awareness
- Peer Mentoring or Support Work

Want to learn more?

You can find out more about Northern College and the courses on offer at one of our Open Events [<https://www.northern.ac.uk/open-events/>]

Course session dates

Session dates for 2 February 2026 - 11 February 2026

- Monday 02 Feb 2026 to Wednesday 04 Feb 2026
- Monday 09 Feb 2026 to Wednesday 11 Feb 2026

Last updated: 18th December 2025