

# Community & Social Action

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

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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?

We have 2 different start dates for this course:

- 2 February 2026 - 11 February 2025
- 17 September 2025 - 26 September 2025

### 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](mailto:us_courses@northern.ac.uk)

### What can this course lead to?

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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?

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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

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Session dates for 2 February 2026 - 11 February 2025

- Wednesday 22 Apr 2026 to Friday 24 Apr 2026
- Wednesday 29 Apr 2026 to Friday 01 May 2026
- Wednesday 06 May 2026 to Friday 08 May 2026

Session dates for 17 September 2025 - 26 September 2025

- Wednesday 17 Sep 2025 to Friday 19 Sep 2025
- Wednesday 24 Sep 2025 to Friday 26 Sep 2025

Last updated: 14th September 2025