

# Stand Up for Me!



An empowering course for young people who may have been bullied. We help them to build their self-esteem, learn to believe in themselves and know where to go for help.

The course is delivered on your premises in conjunction with your school's anti-bullying policy. We work with groups of up to eight young people over four weeks at an hour and a half per week at a time to suit you.

**For more details please contact:**

Relate Solent and Winchester  
Eastleigh House  
Upper Market Street  
Eastleigh  
SO50 9YN

023 8022 9761

[appointments@relatesw.org.uk](mailto:appointments@relatesw.org.uk)