

**CAP UK will be running  
three-hour workshops  
with each class soon....  
Come and meet us!**

- ✓ Find out about our work
- ✓ Get top tips...
- ✓ how you can help keep your children safe in the modern world
- ✓ how to help them to grow into strong, confident people.



Our workshops are designed to build children's confidence and self-esteem, they are lively and fun. Come and see what we do to teach children knowledge and strategies to deal with some of the more difficult aspects of growing up. We'll discuss keeping safe around bullies, the internet, strangers and known adults and answer any questions you may have. ***(Parent workshop content is not suitable for children)***

**Our Parents' Information session is your chance to see what we do, your chance to have your say, your chance to get advice, information and resources. Please come along on Thursday 20<sup>th</sup> June**

Where: Ladysmith Junior School Hall, Pretoria Road, Exeter, EX1 2PT

When: **Thursday 20<sup>th</sup> June 2.15pm – 3.15pm**

Book your place with your school office staff

*Connect with us online: Facebook: @safestrongfree*

*[www.safestrongfree.org.uk](http://www.safestrongfree.org.uk)*

Registered Charity number 1056377

*CAP UK adult workshops are supported by Susila Dharma Britain and The Gibbons Family Trust*