

Torbay Domestic  
Abuse Service (TDAS)

 Sanctuary  
Supported Living



# Helping Hands

An preventative action programme for  
children aged 7-11 years



The Helping Hands programme provides support and guidance for children, to help them deal with their emotions and stay safe.

Workshops take place in a safe and friendly environment and are led by specially trained staff.

The programme aims to:

- Develop self-esteem and confidence
- Explore and express feelings
- Promote safety messages
- Identify personal support networks
- Explore how different behaviour can affect other people's feelings
- Identify how to manage conflict

For more information, please contact TDAS on  
**01803 698 869** or  
email **[tdas@sanctuary-housing.co.uk](mailto:tdas@sanctuary-housing.co.uk)**

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