


 Definitely	 Mostly	 Sometimes	 Never
I feel like I am in control of my life and my future.				
I can make sense of my life.				
Overall, I feel good about my life.				
I have family and/or friends that love and support me.				
I know where to go if I need help with difficulties in my life (e.g. money, health, job, education).				
I like and feel safe in my neighbourhood and/or community.				
I am as healthy as I can be.				
I feel safe.				
I know what domestic abuse is.				
I think that the things I see and hear in songs, newspapers, TV programmes, magazines, and adverts affect how I see myself and my life.				
I feel in control of my finances/money.				
If I am a parent and am in contact with my children, I feel able to meet their needs.				
If I am a parent, I am confident that my children know that I love them.				

Do you have any additional needs that you would like support with during the course?

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# Start of Course Evaluation Form