



'Fresh Start has taught me to be quite open about my thinking, rather than trying to deal with things all on my own.'

Karen, Fresh Start member



'Now that I have completed the course I have a sense of freedom, I feel free from the sadness of grief.'

Deyonne, Fresh Start member



'I would go out and act out on my anger before the Fresh Start course. Now I've got a plan; I've got a support network.'

Tony, Fresh Start member

Find friendship. Change habits. Discover freedom.

CAP are serious, highly professional, deeply committed and, above all, they will treat you as a human being of infinite value, who just needs some help to find your own way forward.



Justin Welby,
Archbishop of Canterbury
and CAP's patron

I want to find out more!

Church:

Fresh Start Coach:

Phone:

Email:

All Fresh Start groups are free but booking is essential.

capfreshstart.org

info@capfreshstart.org

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fresh start

from Christians Against Poverty

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Change habits.
Discover freedom.*



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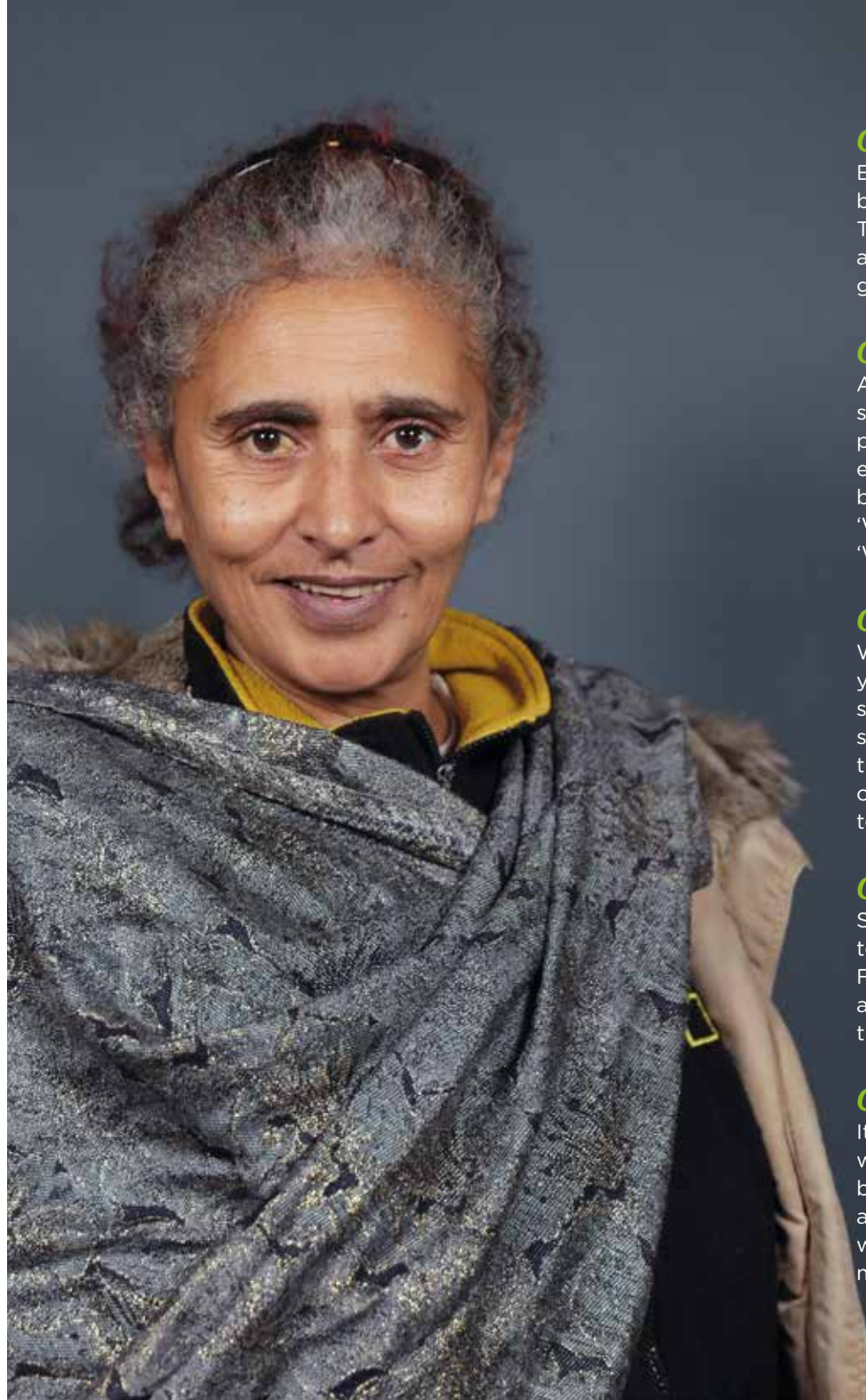
What is Fresh Start?

Your local Fresh Start is a friendly group where you'll find support to help you overcome any life controlling issue that you are facing. This could include smoking, drinking, over-eating or gambling to name a few. Fresh Start is based on the Twelve Steps principles and is completely confidential, creating an environment of trust and mutual respect for every member. The groups are based in churches and are run by trained volunteers who are dedicated to helping you achieve your goal of a dependency-free life.

How do I know Fresh Start is for me?

Whether you've been trying to deal with something for a short time or for as long as you can remember, your local Fresh Start group can help. We offer a unique mix of practical lessons, group time and one-to-one coaching. All of our help is offered in a supportive, encouraging and friendly way.

We know that it can make people nervous to commit to a group without knowing more about it. That's why we always offer an informal, no commitment information evening as the first step. Why don't you come along to that evening to check it out?



Community

Everyone finds it difficult to make a change, but it's a lot easier when we do things together. That's why, when you join Fresh Start, you're also joining a community of people who are going through things just like you.

Course

As part of Fresh Start, we provide an eight session course based on the Twelve Steps principles. It tackles the key things that affect everyone and make it harder to change our behaviour, such as 'Why do I worry so much?', 'Why does it feel so difficult to change?' and, 'What can I do that will actually help?'

Coaching

We don't just provide a course and then wave you off on your way. We also give you tailored support through our one-to-one coaching sessions. Your Fresh Start Coach will spend time helping you to work through some of your challenges and introduce positive goal setting techniques to help you achieve lasting change.

Celebration

Setting goals isn't enough; it's important to mark the goals that you hit. That's why Fresh Start is focused on celebrating your achievements. Every Fresh Start Coach knows that encouragement is the key to real change.

Confidentiality

It can be challenging speaking about the things we struggle with - you might never have done it before. Your local Fresh Start encourages trust and mutual respect for each other, no matter what you're dealing with. It's a safe place to make the change you need in your life.