

The Freedom Programme Online

WOMEN CAN JOIN AT ANY WEEK – NO REFERRAL NEEDED

- Are you currently out of the Relationship or not living with an Abusive Partner?
- Have you felt afraid of a partner a lot of the time?
- Has a partner been excessively jealous and possessive towards you?
- Have you ever felt you are walking on eggshells to avoid making your partner aggressive or angry?
- Have you experienced a partner constantly criticising you and putting you down?
- Has a partner told you what to wear, who to see and where you can or cannot go?
- Have you previously been in a relationship like this, or are in this now but not living together?

The Freedom Programme is a FREE, eleven week rolling programme open to any woman who wants to learn more about the reality of domestic abuse. Each session is an hour long.

The course will enable women to:

- *Recognise the signs and tactics used by an abuser*
- *Realise the effects this behaviour can have on a woman and her children*
- *Avoid further abusive relationships in the future*
- *Gain self-esteem and confidence to enable independence and a better quality of life*
- *Meet others who have had and moved on from similar experiences*

For further information and venue details please contact

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