

# FREEDOM PROGRAMME



## Women's Support Group

The Freedom is a 12-week educational program based on Pat Craven's book "Living with the Dominator", that assists women to identify and understand the tactics, behaviours and beliefs of abusive partners.

Mondays and Wednesdays from 1 - 2.30pm  
open to all women 16+

Join us, for two hours a week that could change your life

1 IN 4 WOMEN  
AND GIRLS WILL  
SUFFER DOMESTIC  
ABUSE IN THEIR  
LIFETIME

**NO MORE**

**DOMESTIC ABUSE**

The group sessions are also available in Arabic, Albanian, Punjabi, Urdu, Hindi and Serbo-Croat languages, to provide an opportunity for women to:

- Develop ways of thinking and behaving to protect themselves, their children and others from harm
- Identify the effect and impact of domestic abuse & violence on children
- Assist them to recognise potential future abusers, and
- Help them gain self-esteem and the confidence to improve the quality of their lives

If you have any questions or wish to reserve a place, please contact us



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