



THE FREEDOM PROGRAMME

A group to talk about how to move forward and make me stronger in myself

- Do you feel afraid of your partner a lot of the time?
Is your partner excessively jealous or possessive?
- Do you feel you are walking on eggshells to avoid making your partner angry or aggressive?
- Does your partner blame you for everything?
- Does your partner pressure you to have sex when you don't want to?
- Is your partner constantly criticising you and putting you down in front of others?
- Does your partner tell you what to wear, who to see and where you can or cannot go?

THESE ARE A FEW OF THE SIGNS THAT YOU COULD BE SUFFERING FROM DOMESTIC ABUSE

The FREEDOM Programme is a free, confidential, supportive and non-judgemental group open to any woman experiencing domestic abuse, or who is still affected by the impact of domestic abuse from past relationships.

It is an 11 week rolling programme which runs for two hours each week, run by trained facilitators.

You will be free to come, free to go, free to think, free to feel, free to laugh, free to cry, free to share, free to choose, free to be yourself, free to be empowered

CONTACT

We welcome self referrals and referrals from any organisation.

FAMILY HUB

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For further general details about the programme visit the AfCInfo website:

<https://rbwm.afcinfo.org.uk/FamilyHubService>

