

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 and 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 ONLY A FEW OF THE SIGNS THAT YOU COULD BE SUFFERING DOMESTIC ABUSE

Drop in to a Freedom Programme Support Group near you – the group looks at why men abuse their partners and children, and to recognise the beliefs that they hold which allows them to do it.

It is a 12 week rolling programme with no waiting list so you can join at any time.

This programme is open to any women who wish to learn more about the reality of domestic abuse, is confidential and you can be sure of a warm welcome

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 feel empowered.

WHEN & WHERE IS IT RUNNING?

MAIDENHEAD Every Wednesday afternoon 1pm - 2.30 pm Call Bev on 07732 695125
Child care available(free)

For further general details about the programme please visit www.freedomprogramme.co.uk