



FREEDOM PROGRAMME

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

- 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 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?

What is the Freedom Programme & who can attend?

This is a free, twelve week programme open to any woman who wants to learn more about the reality of domestic violence and abuse. The course will enable women to -

- Recognise the signs and tactics used by an abuser.
- Understand the beliefs held 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.

Please read some of the feedback we received from women who attended the course:

"This course will benefit anyone who attends it"

"I enjoyed talking to other people who have been through the same experiences"

"The programme was very relaxed, and the atmosphere was very friendly"

"I have learnt so much about why men have treated us in this way"

"I have realised now this was not my fault, and I am finally gaining some confidence in myself"

"I am beginning to trust others more, and finding it easier to open up about my experiences"

If you would like to take part in this course or if you need advice regarding domestic abuse, please contact Jayne or Becky at Berkshire East & South Bucks Women's Aid.

Course Venue & Dates:

Langley, Fridays 10-11.30 commences 6th August

Slough, Wednesdays 1-2.30 commences 8th Sept

Burnham, Mondays 1-2.30 commences 27th Sept

Tel: 01753 549865

Please call for further details



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Slough**

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