

Longbridge and Northfield Locality Children's Centres



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The Freedom Programme

Who is it for?

For women who are experiencing or have previously experienced Domestic Abuse.

- Do you feel afraid of your partner?
- Is your partner excessively jealous and possessive?
- Do you feel you are walking on eggshells to avoid making your partner angry?
- 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 and cannot go?

The aims of the programme are to:

- Provide information that will help you understand abuse.
- Help you to recognise the beliefs held by abusive partner.
- Assist you to meet other women with similar life experiences.
- Illustrate the effects of domestic violence on children.
- Help build your confidence and self-esteem.
- Help you recognise future abusers and move on to abuse free lives.
- Provide the information in a confidential and safe environment.

To discuss the programme in confidence please call Sam on 0121 675 8355 or 07760 255903