

Freedom to be Me

In this 12 week course we look at the way that abusive men behave and what they believe about the roles of men and women in society.

The aim of the course is:

To help women who have experienced domestic violence make sense of and understand what has happened to them.

To recognise potential future abusers.

To help women gain self-esteem and the confidence to improve their lives, instead of the whole experience just feeling like a horrible mess.

This is a rolling, women only, programme running for 12 weeks.

These sessions look at:

How the abuser maintains control.

The tactics and beliefs of abusive men.

The effect of domestic violence and abuse on any children living in the home.

The sessions will also help women to understand that what has happened to them is not their fault, as well as providing them with the knowledge needed to protect themselves and their children from harm.

The Freedom Programme is a domestic violence programme which was created by Pat Craven who holds the copyright (all rights reserved) and evolved from her work with perpetrators of domestic violence. We provide information, not therapy. It is free of charge and open to all women, regardless of age, class, ethnic origin, disability, sexuality, nationality, religion or cultural beliefs. It is also open to women with or without children.

For more information, or to register/refer please contact me at:
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