



Women's
Work
Turning a new leaf

The Freedom Programme 'Living with the Dominator'

Empowering women, increasing self-confidence
and to change lives.

- ❖ Have you experienced domestic violence and abuse?
- ❖ Do you feel like you are being controlled or manipulated?
- ❖ Are your children being, or have been affected by domestic violence?

The Freedom Programme is a 12 week support group for women run at Women's Work. The course is run as a rolling programme, which means you can join at any point. We have two sessions, one during the day and the other in the evening. It will provide you with an opportunity to share your experiences of domestic abuse in confidence and without judgment. You will further be supported to make positive choices to protect yourself and your children.

The Freedom Programme will also help reduce isolation and build self-confidence, introducing you to a wider range of community resources and creating a support network.

Please feel free to call the office to talk to a member of our staff for more information.

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