



The Freedom Programme



The Freedom Programme is a domestic violence programme, primarily designed for women as victims of domestic violence.

It provides information, not therapy.

Who is it for?



- 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 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?

What are the aims of the programme?



- Provide information that will help you understand abuse
- Help you to recognise the beliefs held by abusive men
- 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



THE
DOMINATOR

-V-

THE
FRIEND

