

Freedom Programme

An awareness course for women
who are experiencing or have experienced Domestic Abuse

**Course Currently at
Spring Rise, Frogwell**

Fridays 9.30-11.30am

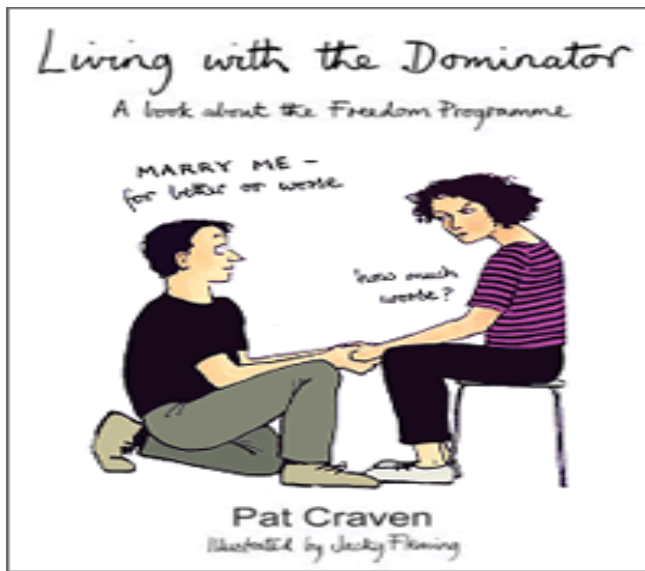
New course starts

**Tuesdays from 19th April 2016
9.30-11.30am**

**The Rise Children's Centre
The Oaks, Chippenham, SN15 1DU**

For more information please contact Gill:

Tel: 01249 445288 gillb@therisetrust.org



"Empowered me to have the confidence to stand up for myself. I now recognise the 'warning' signs to protect myself"

"Helped me realise I am a worthy woman and the abuse wasn't my fault."

"The course has inspired me into believing in myself, helped my confidence grow and made me realise it's not my fault and I'm not the only one to suffer. I am now a fighter and a survivor **not** a victim"

"It is so nice to meet people like me and look forward to staying in contact with them"

The aims of the programme are to:

- Provide information that will help women understand abuse
- Help women to recognise the beliefs held by abusive men
- Help women to recognise and challenge their own beliefs
- Increase women's ability to take control of their lives
- Assist women to meet other women with similar life experiences
- Help women build their confidence and self esteem
- Help women to live violence-free lives