



# Freedom

The Freedom Programme is an awareness course for women who are experiencing or have experienced Domestic Abuse.

## Aims of the Programme:

- To provide an awareness of abusive behaviour.
- To have the ability to speak freely in a safe, confidential environment.
- To listen to others experiences to help our understanding of controlling behaviour.
- To be a positive experience in a relaxed atmosphere.
- Help women to live abuse free lives.

For more information, support and confidential advice please contact your nearest Children's Centre:

Chippenham: 01249 464008

Calne: 01249 823247

Royal Wootton Bassett: 01793 851224 or

Email: [debbies@therisetrust.org](mailto:debbies@therisetrust.org)

Working in partnership with

**Wiltshire Council**

[www.therisetrust.org](http://www.therisetrust.org)