

The Freedom Programme



**A 10 week 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 and to book contact us
on 01249 464008 or email coles@therisetrust.org**

Any information shared with us will be confidential

