

# The Freedom Programme



**A 10 week awareness course for women  
who are experiencing  
or have experienced domestic abuse**

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.

**Freedom Forever is** for women who have completed the above course.  
Providing support to move on , increase assertiveness  
and to respond to the specific effects of exposure on children

**For more information and to book contact us  
on 01249 463040 or email  
courseadmin@therisetrust.org**

Any information shared with us will be confidential

