

# Freedom Programme

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

*"I learnt a lot about violence against women and children. The insight into the dominator's tactics and his behaviour will help me throughout my life"*

*"Information helped me to put things into context - it was overwhelming"*

*"I learned that not all men are dominators; I learned how to spot signs"*

*"I carried a lot of guilt; a lot of my questions have been answered"*

*"If I had the chance to tell all my friends about this program I would; it helped me understand things that I would of missed if I hadn't attended"*

*(Taken from freedom programme evaluations)*

The course runs

Every Wednesday

9.30am until 12 Noon

at our Women's Centre, 36 Brighowgate, Grimsby

The course only runs during term time only  
Childcare needs to be booked

To book a place phone Denise on 575757  
or email [support@womensaidnel.org](mailto:support@womensaidnel.org)



## **The aims of the programme are to**

- \*Provide information that will help women to 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
- \*Provide the information in a confidential and safe environment