

# Freedom for Agencies

An awareness day for agency workers who want to understand more about the Freedom Programme

The Freedom Programme runs every week locally, for women and girls who have experienced or are experiencing domestic abuse. As well as getting the chance to experience and participate in parts of the programme, you will also see what women's fears are about attending the course and also what they get from being on the course. It is hoped you will then be able to make appropriate referrals and be able to tell your clients all about the course.

Thursday 2nd November 2017  
9.30am until 4.30pm

at the Women's Centre, 36 Brighowgate, Grimsby  
YOU MUST BE ABLE TO ATTEND ALL DAY  
Cost £35 (inc lunch)

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

*Unfortunately we do not have enough car park spaces so you will have to use town centre car-parking (5 mins away)*



[www.freedomprogramme.co.uk](http://www.freedomprogramme.co.uk)

## The aims of the Freedom 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
- \*Help women build their confidence and self-esteem
- \*Help women to live violence-free lives
- \*Provide the information in a confidential and safe environment