

Freedom Programme

An awareness course for women who are experiencing or have experienced abuse

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

"Information helped me to put things into context - overwhelming"

"I learned that not all men are dominators; I learned to spot signs, I learned it was not my fault"

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

"I tell all my friends about this programme; it helped me understand things that I would of missed if I hadn't attended"

(Taken from freedom programme evaluations)

There are two courses available;

Every Wednesday
either 9.30am until 12 Noon
OR 6pm to 8.30pm

The courses only run during term time
Childcare needs to be booked
(crèche provided for am session only)

For more info, call Maria 575757
or email maria@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