



# The Freedom Programme

The 12 week Freedom Programme is a course specifically for women experiencing/surviving Domestic Abuse.

- \* **MR WRONG:** An abusive man, shouts, sulks, smashes things, glares, calls you names, makes you feel ugly and useless, cuts you off from your friends, stops you working, never admits he is wrong, blames you, and/or drugs, drink, stress etc.
- \* **MR RIGHT:** Is a cheerful consistent supportive partner, tells you that you look good, tells you you're competent, uses your name, trusts you and trusts your judgment, welcomes your friends and family, encourages you to be independent, supports your learning, career etc. Behaves like a reasonable human being.

The programme will focus on self-confidence, esteem, identity and enables women to recognise the tactics and behaviours of the dominator.



For further information please contact: Roz Davidson on 07918 607450

To make a referral please email:

Lewisham Children's and Families Centres

Lewisham Secure—[Lewisham.Secure@eyalliance.org.uk](mailto:Lewisham.Secure@eyalliance.org.uk)