

The Freedom Programme

A 12 week course specifically for women experiencing /surviving Domestic Abuse.

Learn the difference between

Mr Wrong AN ABUSIVE man

- Shouts & sulks,
- Smashes things,
- Glares at you
- Calls you names,
- Makes you feel ugly
- Makes you feel useless,
- Cuts you off from friends
- Cuts you off from family
- stops you working
- never admits he is wrong
- blames you for his behaviour
- blames drink or drugs for his behaviour

Mr Right A SUPPORTIVE man

- A cheerful, consistent supportive partner
- Tells you that you look good
- Tells you you're competent
- Uses your name
- Trusts you
- Trusts your judgment,
- Welcomes your friends & family
- Encourages your independence
- Supports your learning, career
- Behaves like a reasonable human being

The programme focuses on helping women improve self-confidence, self-esteem, and identity, enabling 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.Secure@eyalliance.org.uk