

The Freedom Programme

A 12 week programme specifically for women recovering from 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.

How can I access this programme?

You can make a referral yourself to the programme or a professional can make a referral.

To discuss the programme or a family you wish to refer, please contact Lewisham.Secure@eyalliance.org.uk or visit www.lewishamcfc.org.uk/professionals-referral-form/