

The Freedom Programme



FREEDOM

Call us on
**01793
698001**
for more info

The Freedom Programme programme for women currently experiencing,
and survivors of, Domestic Abuse

“I know I’m stronger,
wiser and far more
confident in my
relationships”

The Freedom Programme is a 12-week program designed for survivors of domestic abuse. It helps participants understand the roles, attitudes, and beliefs of abusers, as well as the responses of survivors, to make sense of their experiences. The program also addresses the impact of abuse on children and highlights how lives improve when abuse is eliminated.

For more information, call 01793 698001.

“The sessions were so
powerful to me that my brain is
reframed”

*“Gas Lighting,
Coercive control,
Love Bombing. I
learnt that the
moods weren’t
just bad, they
were another form
of abuse”*

*“You changed my life, the way I
see everything is different”*

SWA
SOCIETY WITHOUT ABUSE