

Who is it for?

For women who are experiencing or have previously experienced Domestic Abuse.

- Do you feel afraid of your partner?
- Is your partner excessively jealous and possessive?
- Do you feel you are walking on eggshells to avoid making your partner angry or aggressive?
- Does your partner blame you for everything?
- Does your partner pressure you to have sex when you don't want to?
- Is your partner constantly criticising you and putting you down in front of others?
- Does your partner tell you what to wear, who to see and where you can or cannot go?



Freedom Programme

weekly sessions for women living in:
**Kings Norton Kings Heath Brandwood
Billesley Northfield**

Free of charge

**All participants receive a free copy of
'Living with The Dominator'
& a Home Study Workbook**



**To discuss the programme in confidence
Call**

Jacky or Donna on

07868163103 or 0121 624 5775

birminghamfreedomproject.wordpress.com

The aims of the programme are to:

- Provide information that will help you understand abuse
- Help you to recognise the beliefs held by abusive men
- Assist you to meet other women with similar life experiences
- Illustrate the effects of domestic violence on children
- Help build your confidence and self-esteem
- Help you recognise future abusers and move on to abuse free lives
- Provide the information in a confidential and safe environment



Reg Charity No. 1123337