



THE FREEDOM PROGRAMME

**A free 12 week group course based
on 'Living with the Dominator' by
Pat Craven for survivors of
domestic abuse**



**The course can help you make sense
of, and understand, what has
happened to you. It also explores
the tactics used by abusers to gain,
and maintain, power and control**

**The aim of the Freedom Programme
is to provide an opportunity for
women to develop ways of thinking
and behaving to protect themselves,
their children and others from harm.
To provide them with the knowledge
they need to achieve this**