

# After years of abuse at home, I followed the Freedom Programme. Now my future is my own.

*"The Freedom Programme is not easy. It challenges your thinking. Amazingly though, there were a lot of laughs. It was incredible to share my experiences with other women - I felt supported & accepted."*

*"The Freedom Programme has changed my life. I felt like a fraud because there wasn't physical violence, it was mental abuse, but it was ruining my life just the same. For the first time I felt truly validated they understood & helped me to understand."*

**The course:** 2 hours a week for 12 weeks. It is free. There is some childcare available.

**Join with women to work through a programme that will help you;**

- make sense of controlling or abusive behaviour
- think about different choices about your life & relationships
- understand what has or is happening to you
- start to get back control of your life
- raise your confidence, esteem & self-worth
- know who can help you locally

**What happens in the groups?**

Open discussion & activities addressing domestic abuse

- you join in as much as you want
- you'll get peer support
- you'll make friends
- you'll become more confident & assertive

Groups	Dunfermline	Tuesday	10 - noon	12 January 16
	Dunfermline	Tuesday	5.30 - 8pm	25 January 16 (8 weeks)
Towns	Leven	Wednesday	9.45-11.45	20 January 16
&	Glenrothes	Thursday	12.30 - 2.30	14 January 16
Times	Kirkcaldy	Friday	10.45 -12.45	15 January 16

Participants will be informed of venue

For a chat contact us on  
**01592 786701**  
[sajescotland@yahoo.co.uk](mailto:sajescotland@yahoo.co.uk)



For more information about the Freedom Programme, please visit our website

**[www.sajescotland.org](http://www.sajescotland.org)**

