

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

Starting in Kirkcaldy
Thursday 23rd April 2015 1pm-3pm

You will be informed of the venue closer to the time

For a chat contact us on

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

www.sajescotland.org

