

## How can I find out more?

The Harbour Freedom Programme takes place weekly in your local area and to find out more you should call 03000 20 25 25.

We can help just call

 **03000 20 25 25**

Same call cost as 01 and 02 numbers and can be called using inclusive/free minutes

[www.myharbour.org.uk](http://www.myharbour.org.uk)



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or email us on  
[groupwork@myharbour.org.uk](mailto:groupwork@myharbour.org.uk)

or text 'Harbour', with your message to: 60777

[www.myharbour.org.uk](http://www.myharbour.org.uk)

registered charity number: 1086897

This leaflet is available in other languages and formats, call 03000 20 25 25 to request this.

FP/13



# the freedom programme

is a free 12 week programme that will help you to understand the beliefs held by abusive men and the effects of abuse upon children.

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## One in four women experiences domestic abuse at some time in their lives.

The Freedom Programme is open to any woman who wishes to learn more about domestic abuse and is particularly beneficial for women who have experienced it themselves.

The programme is about enabling women to move on with their lives, to get their confidence back and be listened to, believed and not judged.

The sessions cover the tactics of an abusive partner, the effects of domestic abuse on children and the emotional effects on the women themselves. Women are also introduced to the range of organisations in the community who can assist them.

### Will I have to share my experiences with other people in the group?

Women participating can share as much or as little of their experiences as they choose during the sessions. All those attending agree when they join the group to keep the discussions confidential.

### Will I be able to get support outside the sessions?

If you require practical or emotional support you can request this from Harbour's support team in your area. Support can cover issues such as personal safety, legal and housing matters and we can put you in touch with other organisations that can also assist.

### Is there any childcare available?

We can sometimes arrange childcare whilst you attend the weekly sessions so ask about this when you call.

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