

The Freedom Programme Support Group for Women

BIRDHOLME CHILDREN'S CENTRE
Spire Infant School, Church Street South

STARTING WEDNESDAY 7th JANUARY 2009
9.30 TO 11.30 crèche places available

Would you like to learn more about domestic abuse?

Yes? Then come along to the Freedom Programme.

What is it?

The Freedom Programme is a 12 week support group for women who want to learn more about the reality of domestic abuse.

What are the benefits?

The Freedom Programme will help you to:

- Understand the beliefs held by abusive men
- Gain self esteem and confidence
- Understand the effects of domestic abuse on children
- Recognise future abusers
- Know how to access community resources

Where is it?

The Freedom Programme is now being run from venues across the Chesterfield Borough Council, North East Derbyshire District Council and Bolsover District Council areas. The programme is free and is open to women from any area.

For more information about the Freedom Programme call

Helen on 01246 559554 or 07787151247

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