

## Who is it for?

**For women who are experiencing or have previously experienced domestic abuse.**

- Do you feel afraid of your partner?
- Is your partner excessively jealous and possessive?
- Do you feel you are walking on eggshells to avoid making your partner angry or aggressive?
- Does your partner blame you for everything?
- Does your partner pressure you to have sex when you don't want to?
- Is your partner constantly criticising you and putting you down in front of others?
- Does your partner tell you what to wear, who to see and where you can or cannot go?

## Where to find us?

New Hope Community Church,  
Old Lane, Halfway, S20 3GZ

# The Freedom Programme.

Support group for women  
from any area.



## The aim of the programme is to;

- Provide information that will help you understand abuse.
- Help you to recognise the beliefs held by abusive men.
- Assist you to meet other women with similar life experiences.
- Illustrate the effects of domestic violence on children.
- Help build your confidence and self-esteem.
- Help you recognise future abusers and move on to abuse free lives.
- Provide the information in a confidential and safe environment.

### The Freedom Programme



To discuss the programme in confidence call Jacqui at the Freedom Project  
on **07309 858 955** or email **[jacquinewhopecommunity@outlook.com](mailto:jacquinewhopecommunity@outlook.com)**