

Comments from women who have completed the Freedom Programme

"Without the programme I would have gone back to him. I was scared of being a single mum but realise I can do it by myself"

"My mindset has changed and I feel valuable as an individual"

"I use it in all aspects of my everyday life"

"I made friends on the programme who understood the implications of an abuser and the effect it has on you"

The programme runs at various locations around Buckinghamshire and if childcare is needed it will be paid
(registered childminder or nursery fees only)

For more information please ring:

01296 437777

Contact: enquiries.awaid@outlook.com

The Freedom Programme was devised by Pat Craven and is co-ordinated in Buckinghamshire by Aylesbury Women's Aid

Freedom Programme

A free programme for women who know what it's like to have a partner who treats her badly



To find out more phone:

01296 437777

together we can

Small friendly groups in your area

Contact: enquiries.awaid@outlook.com

The Freedom Programme looks at the way that abusive men behave and what they believe about the roles of men and women in society.

The Freedom Programme is open to all women, regardless of age, ethnic origin, disability, sexuality, nationality, religion or cultural beliefs. It is also open to women with or without children.

The aim of the programme is:

- ✧ To help women who have experienced domestic violence make sense of and understand what has happened to them.
- ✧ To recognise potential future abusers.
- ✧ To help women gain self-esteem and the confidence to improve their lives, instead of the whole experience just feeling like a horrible mess.

The Freedom Programme is a 12 week rolling programme, which means that women can join at any point - the benefits are the same as long as the 12 sessions are completed.

These sessions look at:

- ✧ How the abuser maintains control.
- ✧ The tactics and beliefs of abusive men.
- ✧ The effect of domestic violence and abuse on any children living in the home.

The sessions will also help women to understand that what has happened to them is not their fault, as well as providing them with the knowledge needed to protect themselves and their children from harm.



*All women
welcome*



*Freedom
Programme*

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