

This is Freedom.



The Freedom Programme

**Seven-week online programme
supporting domestic abuse survivors.**

Learn the dynamics of domestic abuse,
share your experience and support others.

- understand the impact on children
- gain self-esteem and confidence
- recognise future abusers
- learn about healthy relationship dynamics

**“It’s an amazing and
insightful programme. I
learned a lot that will
help create more positive
relationships in my life
and prevent negative
ones.”**

Find out more

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