

The Freedom Programme for Women

What is the Freedom Programme and who is it for?

The Bradford Early Help Freedom Programme is for any woman with children, who has experienced or is affected by domestic abuse, including same sex relationships.

The course is also for women with children who just want to learn more about abusive and controlling relationships as well as healthy relationships, whether personal or professional.

The Freedom Programme runs for 2 hours each week for 12 weeks.

The Freedom Programme provides a safe and supportive environment. You do not have to speak about your experiences if you don't want to and you can do the course at your own pace.

The aims of the Freedom Programme are to:

- Help women to identify abusive behaviours and beliefs held by abusive and controlling partners.
- Help women to gain confidence and improve the quality of their lives.
- Explore how domestic abuse affects children.
- Make new friends and meet other people in the same situation.
- Help women to recognise both abusive and healthy behaviours in future relationships.

Where is the Freedom Programme Held?

The Bradford Early Help Freedom Programme is for women with children and is available in several locations across the Bradford district – see overleaf.

Prior to attending, women should contact the person named on this leaflet to find out the exact location of the programme.

How Do I Book?

Contact the named person overleaf to request a place.

An awareness raising programme about domestic abuse and healthy relationships for women

WHERE IS IT BEING HELD?

BRADFORD ACADEMY SCHOOL

Starting: Thursday 27th February 2020

For 6 weeks until 02nd April 2020

Times: 09.00am – 11.30am

Contact: Miss Kaur and Miss Hitch

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