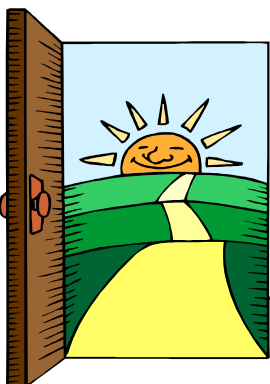


An hour a week that could change your life

FREEDOM

A programme for women
Open the door



For further information contact
High Peak Women's Aid
P O Box 22, Glossop, Derbyshire, SK13 8AE
Tel: 01457 856675 E-mail: gwa@f2s.com
www.highpeakwomensaid.org.uk

A Non-Abusive Man

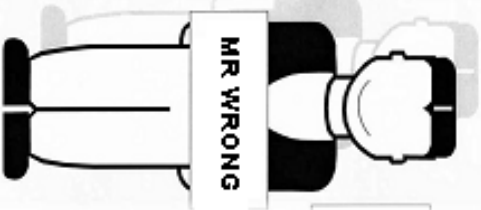


- Is cheerful
- Consistent
- Supportive
- Tells you you look good
- Tells you you're competent
- Uses your name
- Trusts you
- Trusts your judgement
- Welcomes your friends and family
- Encourages you to be independent
- Supports your learning, career etc
- Admits to being wrong
- Is a responsible parent
- Is an equal parent
- Does his share of the housework
- Shares financial responsibility

Accepts that you have a right to say "no" to sex.
Takes responsibility for his own well-being and happiness.
In short

Behaves like a reasonable human being

An Abusive Man



- Shouts
- Suks
- Smashes things
- Glares
- Calls you names
- Makes you feel ugly and useless
- Cuts you off from your friends
- Stops you working
- Never admits he is wrong
- Turns the children against you
- Uses the children to control you
- Never does his share of the housework
- Never looks after the children
- Expects sex on demand
- Controls the money

Threatens or wheedles you to get his own way
Seduces your friends/sister/anyone
Expects you to be responsible for his well-being
Blames you, drink, Drugs etc

WHAT IS IT?

The FREEDOM programme is a 12-week rolling programme. This means that you can join at any point – the benefits are the same so long as you complete the full 12 weeks.

WHO IS IT FOR

The programme is for women who have experienced domestic abuse in the past and for women who are presently in an abusive relationship.

We regularly hold taster sessions for referring agencies to raise awareness not only on the effects domestic abuse has on individuals but to highlight the benefits of the programme.

WHERE IS IT?

The Freedom Programme is held in Glossop and Buxton, please contact WA on **01457 866109** to reserve a place or for further information.

Agencies wishing to discuss their training needs contact the main office on **01457 856675**.

WHAT ARE ITS AIMS?

- To help women to understand the beliefs held by abusive men and in doing so, recognise which of these beliefs they have shared.
- To illustrate the effects of domestic violence on children.
- To assist women to recognise potential future abusers
- To help women gain self-esteem and the confidence to improve the quality of their lives.

ALL PROGRAMMES ARE FREE