



“When I first started the Freedom Programme, I was in a very bad way. I was depressed and didn’t know where to turn. I was physically and mentally abused...I was made to believe it was my own fault...

I now see what was wrong and it’s thanks to the programme... It’s good to listen to others’ stories because you don’t feel so odd and lonely... and I learned a lot of things from the programme... if it wasn’t for the programme, I would still be in the same situation but now I can live my life feeling secure, loved and happy”



Black Country Women’s Aid is an independent charity which has supported survivors of domestic abuse and sexual violence in the West Midlands for 30 years.

We offer sensitive and holistic support services which help victims of abuse to escape from violence, cope with trauma and rebuild their lives.

We believe that no-one should have to live in fear of violence and abuse. *We listen, we support, we care.*



The Cedar Centre

The Cedar Centres are our centres in Sandwell, Dudley and Walsall which bring together a range of services to support survivors.

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GETTING THE
RIGHT SUPPORT

The Freedom Programme



**Black Country
Women’s Aid**

we listen, we support, we care



The Cedar Centre

The Freedom Programme

The Freedom Programme is for any woman who wishes to learn more about the reality of domestic violence and abuse. It aims to:

- Explore and challenge the beliefs held by abusive men;
- Look at the effects of domestic violence on children;
- Help you to recognise warning signs and potential future abusers;
- Help you to improve your self-esteem and gain confidence;
- Enable you to get to know other women who have had similar experiences.

Black Country Women’s Aid offer the **Freedom Programme** as a free 12 week programme open to any woman, whether she is in or has left an abusive relationship, including women who do not plan to leave their partner.

Your support worker may refer you to the **Freedom Programme** as part of your support plan. If you need to provide proof to Children’s Services or other professionals that you have attended the Programme, the group facilitator can sign this leaflet for you after each session. You can also use the space provided to reflect on your feelings during the programme.

My feelings about the Freedom Programme

Name:

How I felt after my first session

How I felt after my 6th session

How I felt after finishing the Freedom Programme

Session

Facilitator signature & date

1. The Dominator

2. The Bully

3. The Bad Father

4. Effects on Children (1)

5. The Headworker

6. The Jailer

7. The Sexual Controller

8. Effects on Children (2)

9. The King of the Castle

10. The Persuader

11. The Liar

12. Warning Signs