

If you think you are experiencing domestic abuse, call us and speak to one of our Support Workers on: **0161 872 7368**.

Our services are available:

Monday to Friday **10am to 4pm**.

At times we are busy, so if we are unable to answer your call straight away, please leave a message telling us if it is safe to call you back and a telephone number we can contact you on. We will get back in touch with you as soon as we can.

We are not an emergency service. If you need help urgently or are in any danger, please call 999.

If you need help out of office hours, please call the 24 hour Domestic Violence Freephone Helpline on: 0808 2000 247.

www.tdas.org.uk



For support, guidance
& advice call us on:
0161 872 7368



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Freedom Programme

12-week Information and Support Programme (for women only)



Freedom Programme

The Freedom Programme is a 12-week information and support programme built around the realities and effects of domestic abuse for women only. It runs for 2 hours a week over a 12-week period and could change your life.

It is facilitated by women, is for women, and gets great reviews and feedback from the women who attend.

The programme aims to:

- Help women gain self-esteem and the confidence to improve the quality of their lives
- Help women to understand the beliefs held by abusive men and to recognise which of these beliefs they have shared
- Help women recognise some of the behaviours common to abusers and spot potential future abusers
- Assist women to recognise potential abusers
- Illustrate the effects of domestic abuse on children and young people
- Introduce women to community resources such as Women's Aid, Police Public Protection Investigation Unit etc.

The programme is available to women living or working in Trafford, who want to learn more about domestic abuse and its effects.

“ I honestly don't think I would have moved on from what has happened if it wasn't for this programme. I was just really confused and depressed. It's not only been an eye-opener but I actually had quite a laugh as we've gone along - I wasn't expecting that at all! Everything seems so much more positive in just a few months. ”

Just two hours a week could make a difference and change your life. If you would like to attend and take part in the programme, call us on: [0161 872 7368](tel:01618727368).

The programme is completely free of charge to the women who attend.

Please make sure you can commit to attend the full 12-week programme, as places are limited.

