



Discover the Hidden Effects

**WORKING TOWARDS
FREEDOM FROM
DOMESTIC ABUSE**

We eagerly anticipate your active participation

Join us for a captivating and enlightening 12-week freedom programme, only designed for women to have a better understanding of healthy and unhealthy relationships



**FREEDOM
PROGRAMME**

EALING

FUBDED BY
ESP

Our Aims

- To help women to understand the beliefs held by abusive men and in doing so, recognize which of these beliefs they have shared.
- To show the effects of domestic abuse on children.
- To help women to recognize Potential future abusers.
- To help women to gain self-esteem and the confidence to Improve the quality of their lives.
- To introduce women to other agencies and resources that offer support.

Programme Details

Venue Greenford

Tuesday **Day**

Time 10.30 AM to
12.30 PM



For more information or to book a free consultation regarding your specific case, please contact Munaza Zaman at munaza@parentingu.co.uk