



Plymouth Domestic Abuse Services

Freedom

Freedom is a programme designed to educate and empower women who have experienced, or who are at risk of domestic abuse.

Run by Plymouth Domestic Abuse Services, the Freedom programme is a 10-week course, held in a confidential group setting. Together, we will look at the differences between healthy and unhealthy relationships, and how to recognise an abusive relationship. We will also look at:

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- The tactics, personality and beliefs of the dominating individual
 - The impact of abuse on you and your children
 - The warning signs for future relationships