



Torbay Domestic Abuse Service

Pattern Changing

Pattern Changing is a 12-week educational programme for women who have experienced, or who are at risk of domestic abuse.

With group support, the course aims to break the cycle of abuse by enabling women to:

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- ▶ Begin to understand the problem of abuse and its impact on the entire family
 - ▶ Become aware of their lifelong patterns, to set realistic goals
 - ▶ Learn techniques for developing new patterns of their own choosing

At Torbay Domestic Abuse Service, we provide practical, non-judgemental support, advice and protection for all victims of domestic abuse. You are not alone.